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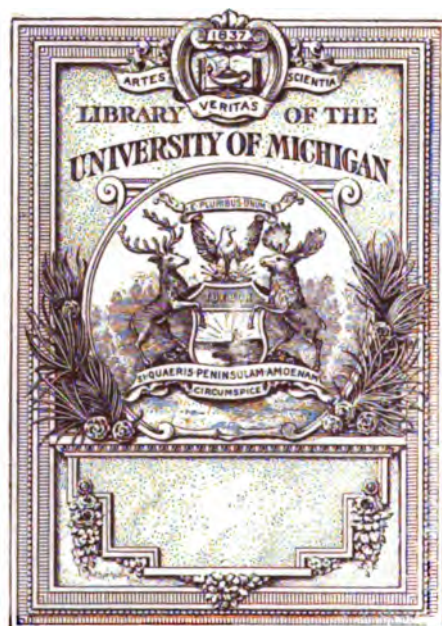
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FOOD, HOME AND GARDEN.

VOL. I. NEW SERIES.

PROVE THY SERVANTS, I BESEECH THEE, TEN DAYS, AND LET THEM GIVE
US PULSE TO EAT AND WATER TO DRINK. * * *

AND AT THE END OF TEN DAYS THEIR COUNTENANCES APPEARED FAIRER AND
FATTER IN FLESH THAN (THOSE OF) ALL THE CHILDREN THAT DID
EAT OF THE KING'S MEAT.—DANIEL 1: 12, 15.

EDITED BY HENRY S. CLUBB.

PHILADELPHIA :
PUBLISHED BY THE
VEGETARIAN SOCIETY OF AMERICA,
310 CHESTNUT STREET.
1897.

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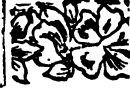
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JOHN WALTER SCOTT.
PRESIDENT OF THE VEGETARIAN SOCIETY OF NEW YORK.



VOL. I, NO. I, NEW SERIES.

MAY, 1896.

WHOLE NUMBER, 73.

JOHN WALTER SCOTT.

THE SUBJECT of our sketch was born in London, England, on the 2nd of November, 1845, and is therefore fifty years of age.

He left his home at the age of sixteen to seek a fortune in America, and after five years in the gold fields of Montana and California, settled down to his present business in New York City.

About sixteen years ago, while studying religious subjects, his attention was forcibly drawn to the conclusion that it was a crime to kill for any purpose. At that time he was unacquainted with any Vegetarians or their mode of life, but like most people was induced with the erroneous notion that we require flesh in cold weather. It being then the depth of winter he concluded to await the first of May before putting his faith in practice. Accordingly on the thirtieth of April he tasted his last flesh and from that day to this has not touched anything that necessitated the sacrifice of life: fish, flesh or fowl and certainly at this date no possible inducements could tempt him to commit such a crime or be the participant in that of another.

He states that he did not feel the slightest effect in his health or strength on changing from a flesh to a Vegetarian diet.

Mr. Scott is a very busy man, working sixteen hours a day, three hundred and nine days in the year.

To show how little is necessary to support an active life, we annex his menu, which is practically unchanged from one year to another. In fact he walks into the restaurant and sits down, the meal being brought without giving an order.

Breakfast at 8 o'clock: One orange or other fruit in season; large saucer of oatmeal, eaten with cream and sugar; one Vienna

roll and one cup of coffee, three quarters milk. Supper at 6.30: Three poached eggs on toast; three griddle cakes.

This is not an ideal diet or one that we should recommend, as it is entirely lacking in whole wheat, peas, and beans, but it has the advantage in being food that can be procured at any hotel or restaurant in America or Europe and probably anywhere in the world.

He never eats or even takes a glass of water between meals.

His weight never varies more than a pound or two, and stands at 178 lbs. He is 5 ft. 9 in. tall. We need scarcely add that he is never ill and is a good specimen of healthy, robust manhood.

He is now serving his fourth term as president of the Vegetarian Society of New York and is of course a member of the Vegetarian Society of America, and many other organizations.

We have great pleasure in giving a portrait of our friend in the first number of our new series as during the temporary suspension of FOOD, HOME & GARDEN he has published *the Vegetarian*, a neat little monthly, which has served a very useful purpose in keeping the sacred flame alive while we were laboring under the embarrassment incident to the transition in providing a Permanent Printing and Publication Establishment for the Vegetarian Society of America.

Mr. Scott is a most genial, high minded friend of the cause and although *the Vegetarian* has met with considerable success, he informs us that it will only be continued until the end of the present volume. We shall, however, always enjoy his co-operation as his Vegetarianism is based on a religious principle as firm as a rock.



Food, Home and Garden



THE NEW SERIES.

We commence, with this number, a new series of FOOD, HOME AND GARDEN as several of the old issue are out of print and we hope in future to supply all orders to complete sets of this Series.

This new issue commences under very encouraging circumstances. It is printed on a press purchased by contributions from various friends of the cause. It is not as large nor as perfect a press as was desired but was the best we could procure with the amount contributed. It is run by an electric motor which we hope our friends will soon enable us to pay for. The office in which the work is done is in the east wing of Independence Hall, the most renowned building in the world, and this number is, we believe, the first specimen of printing ever done on this historic ground. The issue will be limited so that as a souvenir this number will possess a historic value far beyond the price asked for it, and in a few years will become a relic of great value.

The rooms came into our possession through our connection with the Universal Peace Union of which we have been a Vice-President some ten years. It was desired that we should take charge of the *Peacemaker*, the organ of the Union, and as the rooms in Independence Hall were donated by the city to the Universal Peace Union, the use of one of the rooms was granted us for a printing office in consideration of the service rendered. The probability is that the *Peacemaker* will also be printed in the same office. It is situated over the Editorial room, in which the preparation for copy for both periodicals is now carried on.

Although for business purposes the office at 310 Chestnut Street will be continued by the Secretary of the Society, and all business letters should be so addressed, communications intended for publication and for the President of the V. S. A. should be addressed to Independence Hall, 500 Chestnut Street.

The idea with which the Vegetarian Society of America was instituted was that it should become publisher of literature connected with the Vegetarian movement and that as early as possible a printing and publishing Estab-

lishment should be instituted in which books and periodicals could be produced in the most economic manner and in quantities suited to the necessities of the movement and to demands of the public. This has now been accomplished, although on a smaller scale than is desirable, still it is a beginning which we trust by the co-operation of friends throughout the country will become effective for the purpose. Our printing office is not yet complete for all the purposes intended. We need machinery for binding as well as a more complete assortment of printing material. It has taken the Society seven years to accomplish this much, and should the country enter upon a period of financial prosperity as is expected with the next incoming administration, we have reason to believe, that within a very reasonable time sufficient support will be given to the movement to furnish it a respectable outfit for efficient work.

We do not think that we can produce with our present facilities periodicals or books much cheaper than before, but the labor of attending to the work will be lessened by greater convenience, each department being under one roof.

The delay in the publication has been much longer than anticipated but under previous arrangements it was impossible to continue it without serious financial disaster, so that we concluded that it would be better to suspend publication for a while until we could commence under more favorable conditions.

All our paid subscriptions will now be honored, the period being extended one year.

We know that our friends have been greatly disappointed at the delay of the appearance of the publication, but we trust no one has suffered more than we have.

We desire that FOOD, HOME AND GARDEN shall be promoting the health, well being and happiness of every family into which it may be received, and for this purpose we shall endeavor to make its teachings plain, simple and direct. To promote its circulation we desire the co-operation of every friend of the cause and we shall need it. Those who can, will we trust subscribe for

May,



at least four copies to be sent to as many friends in addition to their own subscription, and as many cannot afford this, we trust that those who can do more, will cheerfully do so, and those who cannot afford it, will confer a favor by sending us the addresses of those they know likely to become interested, and by the hearty co-operation of all, the work will move forward with gradually increasing velocity and we hope that the present century will not close on anything less than a powerful and well organized movement that shall demand a truce in regard to the shocking warfare and bloodshed that are continually maintained in spite of all other efforts to establish humane principles in the world.

It is our faith in the friends who have so kindly aided us in this movement that has urged us on in the work, and we anticipate with no small degree of pleasure, the responses which will be received as a result of the present issue. We shall need all the support, during the present year, that can possibly be given, and we trust that with the second volume, at least, of this series, with the country resurrected to something like its former prosperity, we shall enter upon a career of success such as the merits of the movement and its value to society seem to warrant us to expect.

With the *Peacemaker*, we hope to materially aid in promoting peace, arbitration and conciliation among men, and with *FOOD, HOME & GARDEN* we hope to establish peaceful relations with all the beautiful creatures of God's creation, and with the two papers working hand in hand, the cause of humanity will we trust be practically advanced.

Mr. Walenstein is transforming the mountain side at Bush Homestead into an Olive Orchard.—Equity, Santa Barbara.—This is the place our good friend Walenstein is preparing for a Vegetarian Colony of fruit raisers.

N. Y. Truth.—All News dealers.

We have received copies of the New York Truth possibly the most beautiful paper sold in the United States. If our friends have not already seen it we advise them to get it of their nearest news dealer.

WATCH LITTLE CHILDREN.

BY REV. LOUIS PAROLI.

It is through ignorance or insufficient knowledge of the laws of all wise nature that our appetites become depraved.

Look at the little children and learn from them what to eat and what to drink. When they have bread and fruits they are happy, and they eat of them with a relish; drink freely pure water, just to quench their natural thirst, and are healthy, rosy and plump.

They shrink, as a rule, from anything that is given to them in the form of flesh meat, whether boiled or roast. Have a horror of beer, wine or any other liquor, unless it be sweet and sugary; they thrust their faces away from the greasy and disagreeable odor of the kitchen not less than from the so called "sweetest" Havana fumes.

Only when they become pressed upon by the "big" people they begin to deprave their appetites and gradually are led to the craving for flesh, arranged, drugged and embellished in different styles, as the fashion goes, but always flesh, dead flesh, decaying flesh, carcass flesh.

Oh! depravation, wrought by whom? By innocent people? Why, yes, most of the time. By wicked people? Yes, occasionally, to corrupt them according to our mournfully common, wrong practice.

Why have we never considered, for the love of truth, that the natural inclinations of the child are pure, and not in him to remain and rule him only while he is child, but they are there to be known, studied, seconded, developed and perfected by those who have charge of the little man or woman.

Do not you think, kind reader, that every little one is in fact the best practical philosopher and hygienist on earth? But pardon me, "he is only a little child who has no sense;" some one would say so.

Hark! Let us understand what the Arche type of man and nature says about children as our practical models: "Indeed, I say unto you unless you become as little children you shall not enter into the kingdom of heaven."

Indeed the craving for so much meat eating



and subsequently for alcoholic beverages is a curse in this land, retarding our possibilities of perfection and an immense source of sins and diseases of all kinds, and will shut out of the final reward the thousands of gluttons and drunkards or otherwise not extremely temperate people.

Let us then for the love of ourselves watch the little children when they eat and drink, and what they demand, and like for their food and beverage; let us do this with the greatest attention and reverence, as though we were seeing the author of nature. Let us imitate them in their natural course of doing and express such conduct in ourselves; let us meantime fulfil our sacred duty of bringing them up religiously to the adult age on the only wise, and natural way of dietetics, which is told by their genuine inclinations and advocated with the clearest logical force by the Vegetarian societies of America, England, Germany, France and elsewhere. Could we see the greatest conceivable multiplication of such societies in America and all over the world, how much less diseases we would have to suffer from; how much less of selfishness and vice would entangle and trouble the thousands of souls who mourn and suffer terribly in the midst of this, our American civilization, which might by such means as we have intimated, become the greatest Christian Civilization ever seen on the face of the globe.

We are receiving letters from people who have read our first article on the Vegetarian cause requiring more knowledge on the subject, and especially practical directions to become accustomed to the vegetarian diet.

Well, our intention is just to help them all, as wisely desired, so far as it will be permitted by the space allotted to us in these columns.
—New Orleans, La.

I hope some of those colony schemes will be realized.—John Jenny, Cleveland.—Now is the time to take stock in the V. S. A. for that purpose.

I have received "Out of the Clouds" (list No. 5) and am well pleased with it and very hungry to finish it.—Mrs. Lydia A. Irons, Marshall, Wash.

1807

HENRY L. FRY.

1895

On the 27th of May, 1895, before the morning dawned, our good friend, Henry L. Fry, the founder of the School of Wood Carving in Cincinnati, Ohio, departed this life. He had been apparently unconscious of outward things for many hours. Before breathing his last, there were some symptoms of returning consciousness and a few words were uttered but not with sufficient distinctness to be understood.

Henry L. Fry had been a Vegetarian, we believe, about ten years when we knew him in London, England in 1844, so that when he died it was fully sixty years that he had lived the true life and he had attained the ripe age of eighty-eight years. We were in partnership with him in an educational effort in London connected with the Phonetic cause, both being writers of Pitman's Phonography.

He enjoyed his 88th birthday, May 8th, 1895, being visited by his children and all his grandchildren who brought flowers and congratulations.

According to his special request his remains were cremated. He leaves a widow and a son and daughter both the latter following their father's profession.

Mr. Fry was an earnest reader of Emanuel Swedenborg and his latter years were made happy by following the example as well as precept of the illuminated seer of the 18th century and especially in the conviction that the laying down of the mortal body at death is followed by an immediate resurrection to a more perfect life of activity and usefulness in the spiritual world. He was a stockholder in the V. S. A. and always a generous supporter of the cause and a writer of many choice articles, usually taking an esthetic and poetic view of the principles he had so long and so conscientiously espoused. Age appeared to be the only cause of his departure.

Although I have been, so far as eating flesh is concerned, a strict Vegetarian for forty years I have seen to-day for the first time your valuable little paper.—W. O. Crosby, Institute of Technology, Boylston St., Boston, Mass. (March 4, 1895.)

AMERICAN COCOANUT BUTTER.

This butter is manufactured from shredded cocoa-nut and put up in cans and barrels. It is perfectly pure and guaranteed to be free from all animal fats or vegetable compounds. It is white, sweet and free from liability to rancidity.

When in Chicago in August, 1895, we visited the Pure Food Company's works, North Water St., and were kindly shown through the establishment by Mr. Dearborn, the manager of the Company, who impressed us very favorably as a gentleman of high character and respectability. The cocoa-nut fat is imported from the West Indies in large hogsheads and subjected to steam and hot water and lastly centrifugal mechanism until every particle of impurity is thoroughly washed out of it. It is then poured into tin pails which by a new mechanism are made oil proof so that the cocoanut butter can be transported with the greatest safety even in the hottest weather and the pails can be opened without injury and when emptied of their contents become very useful pails for general use in the home. It is then cooled and shipped. There was no smell or other symptom of lard about the premises and Mr. Dearborn said that lard costs so much more than cocoanut fat that it would not be economy to use it for adulteration.

The following testimonial will be read with interest:

Chicago, May 19, 1895.—To the Pure Food Product Company,—Gentlemen:—We, the undersigned officials of the Palmer House, Chicago, Ills., who have had your Cocoanut Butter on trial and in experimental use for two months past, are now (after numerous tests) in a position to say that your Cocoanut Butter, (white stock) is absolutely pure, and of its kind the most elegant and sweetest substitute for butter ever put into use in either kitchen, pantry or bake house. For all kinds of frying it has no peer; it does not burn and does not impart a flavor of grease to dishes cooked in it.

We have tried it in all kinds of delicate white sauces and soups found in the menus of a large hotel, with results of the most satisfactory character as to its merits in the kitchen. In the Pastry Cook's shop it has also been subjected to a trying ordeal in the making of pound cake, biscuit, and all the numerous kinds of small fancy cake, and large fruit and white cake which we use. Here the results were almost astounding, as the batches all turned out better in appearance than any of those made with the regulation cooking butter, and more delicate in flavor; the same can be said of its use in the bread making department.

1896

In addition to the foregoing facts, 12 oz. of Cocoanut Butter are equal to 16 oz. of cooking butter in all and every pastry room preparation: a saving of one-fourth of material.

As at first we were skeptical and slow to discover the merits of the Cocoanut Butter, we now beg to offer you this report signed by each of us separately and jointly as the results of our several tests and as a guarantee of the genuine character of our investigations.—James J. N. Hearne, Chief Steward. Joseph Seyl, Head Cook. Herman Weimman, Head Pastry Cook.

It is stated on good authority that fifty lbs. of this cocoanut butter will go farther than seventy-five lbs. of either lard or butter and than eighty-five lbs. of cottolene, cotosuet or any of the compounds now advertised. With this article there is no uncertainty, no liability or fear of cholera-hog, sick, tuberculous cow or bull goaded to madness by his cruel tormentors. This butter is found to contain all the acids that cows' butter contains and which are found well adapted to aid digestion. There is no unpleasant odor or taste in cooking with this product.

Sold in barrels at 12 cts. a lb.; in 60, 50 or 25 lb. tubs or cans at 13 cts. a lb.; in 10 lb. tin cans at \$1.50; 5 lb. cans at 80 cts and 3 lb. cans at 50 cts. each.

Address orders with cash to the V. S. A., 310 Chestnut St., Philadelphia. The large quantities sent by freight and small quantities by express. In ordering state by what conveyance desired.

In another letter from James J. N. Hearne, Chief Steward of the Palmer House, he states that the saving in expense to the House by using Cocoanut Butter is \$90 a month.

Let us hope and pray, meanwhile I will continue to make efforts to interest Catholics in the work.—Fr. Louis Paroli, New Orleans.

Mrs. Porter who is considered by many to be the prettiest woman in Chicago is growing more beautiful on her Vegetarian diet.—Mrs. C. Le Favre, Chicago, Illinois.

I tell my boys F., H. & G. teaches my principles and that they will live ten years longer with clearer heads and better breath and habits and at much less cost if they will follow its teachings—J. W. Clarke, Auburn, California.



WOMEN'S VEGETARIAN UNION.

Mrs. Adrienne Veigle, Asst. Sec. of the Women's Vegetarian Union, London, writes an interesting account of the formation of this Union by the Vegetarian ladies of that great city. Among the originators of this movement are Mrs. T. R. Allinson, Mrs. Sheldon Amos, Mrs. Ormiston Chant, Mrs. Mc Donall, Mrs. Margaret Shurmer Sibthorp, Mrs. C. Leigh Hunt Wallace and Miss May Yates ; as Hon. Secretary Madame Alex. Veigle the founder of the Women's Vegetarian Union.

PROMINENT VEGETARIANS.

The names of some of the famous in history who have been Vegetarians :

ANCIENT.—Zoroaster, Buddah, Pythagoras, Empedocles, Plato, Epicurus, Seneca, Plutarch, Clement of Alexandria, Tertullian, Porphyry, Chrysostom, Emperor Julian, Sennentius.

MODERN.—Gassendi, Maudeville, Cocchi, Rousseau, Voltaire, Lord Chesterfield, Harvey, Lamartine, Struve, John Wesley, Howard, Newton, Milton, Haller, Locke, Swedenborg, Ritson, Franklin, St. Pierre, Priessnitz, Sir John Sinclair, Hufiland, Catherine Sinclair, Shelley, Cowherd, Byron, Brotherton, Sir R. Phillips, Metcalfe, Alcott, Muzzey, Graham, Michelet, Trall.

This list is published not as a complete list but as an attempt to obtain a complete list. Additional names will be published as suggested by our readers when well authenticated.

WHY MISSIONS FAILED.

The Christians, being meat eaters and wine imbibers, seem to us to represent a religion devoid of humane practices : for, to the mild Hindu, brotherhood does not mean simply the brotherhood of man, but the brotherhood of all living beings. That representatives of nations who batter and kill for selfish gratification millions of hogs and steers a day should preach humanity to an already humane community, is beyond the comprehension of the Indian mind. I am not saying that Christianity requires a man to eat animal food, but there is a prevalent opinion in India that a person becomes a

Christian simply to gratify his appetite, to eat prohibited food, and to drink intoxicating liquor. * * * * What have the missionaries done to disabuse the people of this impression? Have they shaped their course to suit the true idea of humanity? People of the western civilization cannot understand the disgust and unutterable horror which the eating of animal food produces in the Hindu mind.—*Why Christian Missions have failed in India.*—Virchand A. Gandhu, *Forum* April, '94.

HEALTH SEEKING IN N. C.

Wm. C. Wile, A. M., M. D., of Danbury, Conn. has written an elaborate statement of the reasons why Southern Pines and Pine Bluff, N. C., are ideal places for consumptive patients. He claims that "the position of North Carolina in the central portion of the North Temperate Zone gives it a climate unexcelled in any other portion of the world. Exempt from the extreme cold of the Northern States and from the torrid heat and malarial influences of the more Southern, it is also protected from the bleak winds of the north-west by the lofty Appalachian Mountains. The Gulf Stream impinges upon and passes along its eastern coast, producing a soft, genial climate, similar to that of southern Italy and France.

"Observations extending over many years show the following mean temperature:

Middle Section, N. C.,	Genoa, Italy,	Florence, Italy,	Bordeaux, France.
Mean An'l, 58°	61°	59°	57°
Summer, 77°	75°	75°	71°
Winter, 44°	47°	44°	43°

I consider the human family as a whole and F., H. & G. is one of the needs to humanize our brothers and sisters from barbarism.—Joseph Grill, San Francisco, Cal.

I hope some day to see the cause of Vegetarianism on a sound financial basis and one of the foremost reforms of the day.—Harry Ash. Wilkes Barre, Pa.—This is a good hope but we can only see it realized by a constant effort to accomplish it. It is well to set our aim high but we should remember that Christianity was begun by a dozen men with strong faith and no money.



** A gentleman of 72 years has begun a trial of "vegetarian" life from finding a copy of F., H. and G. left in the house at which he boards by a lady, to whom, at her request, I gave it just before she went from my cottage to this same boarding house.—Miss E. S. Oakley, Saratoga Springs, N. Y.

Is Barbarism Necessary to National Existence?

Baltimore is horribly, disgustingly carnivorous. The butchers are rich and prosperous in the worst of hard times and live in luxury. Their shops are everywhere. You cannot get away from them, and sometimes a row of poor dead creatures hangs along the front of the shop and another row at the edge of the sidewalk, and you walk between these rows or cross the street, where you will presently come upon another similarly arranged.

The revolting sight of these murdered creatures and the dreadful smell of blood and raw dead flesh! It is too much—I shiver with pain and pray "Thy Kingdom come." These dear dumb things, created with capacity to love, be happy and grateful; to feel grief and even to die of heart-break. Created to be raised by man to a higher plane of intelligence. Yes, even to something like spirituality; yet man descends to the brute instead! It is simply a question of degree of civilization. It has, up to this time, been one of those inscrutable "needs must bes." If Americans did not eat animals, perhaps they would be too gentle, kindly, patient; perhaps too pure and faithful to be quite safe as a nation, from the bloody, meat-eating nations who might attack and overcome them. It may be that the dark torrent must flow on for another century. God knows; but the time is surely coming when "There nothing shall hurt nor destroy in all God's holy mountain."

It is likewise such a vile, loathsome custom. An old family cook told me that she could not bear to eat meat; she had grown sick of it from what she had seen and had to do in preparing meats for the table. She would cut out sore places, boils, etc. Many cooks haven't time. But enough. If people would only think they would not have to be reminded of these hideous facts.—Emelyn A. J. Richards, 315 North Paca street, Baltimore, Md.

A YOUNG STUDENT'S EXPERIENCE.

The way I became a Vegetarian was to me rather remarkable. I had always had a feeling for animals, so much so that my brother began to ask me how it was I was so careful to be kind to animals and then caused them to be killed for me to eat? I was cornered as he meant me to be. I could not see how it was I had such a feeling for animals which I knew was right and yet caused them suffer and die! The two things would not go together. Finally, more to spite my brother than anything, I stopped eating meat. For all I knew I was the only person in existence who did not eat meat. I don't know how I kept it up, a boy of fourteen with no extraordinary will power, starting out to do differently from the rest of the world as I thought! I am sure I was being unconsciously led entirely by Providence. Now I see that it is wrong for one creature to kill another.

Life seems to be some kind of substance or thing which is divided up, every animal receiving its share according to its importance. Why one animal having his share of life should destroy the share of some other animal I cannot see and I do not think it is at all fair or right. At one time the saying, "Might makes right" was pretty generally believed, but man is outgrowing that unjust principle. A carnivorous animal always suggests to me ferocity. Man is beginning to outgrow his fierce nature and is learning that love and peace are infinitely better than anger and war and that a man "mighty in good works" is much happier than one who uses his might otherwise than in a pure and peaceful manner.

If each person had to do his own killing to obtain meat a great many would give up eating meat, because there is born in every person a feeling of horror and dread for killing. This feeling against killing would not, I think, be born to all men if it were perfectly right to kill. This feeling is overcome in many cases by the person being taught when young that it is all right to kill and also by attaching honor and bravery to killing till it becomes a "sport" which some attain a craze for. But if a person was brought up in an intelligent family to abstain from meat when he was to think for himself he could not be induced to think it right to kill.

If I am ever tempted to think it is right I only need imagine myself in the animal's place and I feel that killing is thoroughly wrong.

With a vivid imagination a person could easily have night-mares over what is happening every day to provide food which could easily and beneficially be left out of every meal. If men applied the golden rule to the lower animals there would be no killing, and why should he not?

Vegetarianism is a natural bond of friendship between strangers. A vegetarian feels it his right to know other vegetarians because they are vegetarians and the acquaintance is stronger because of it. So I feel in reading F., H. & G. that the whole paper and the writers in it are close friends to one who has but few vegetarian friends.—Robert T. Newhall, 1900 Hawthorne Ave., Minneapolis, Minnesota.



Food, Home and Garden

PHILADELPHIA, MAY, 1896.

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

Dr. Wile explains why Southern Pines and Pine Bluff are so successful as places for restoration to health.

The books and tracts reviewed this month are all worthy of careful perusal especially that by Dr. Kellogg: "Man the Masterpiece."

The "Therapeutic Uses of Apples" will be read with much interest and profit by all and especially by those who are liable to malarial influences and liver congestion.

Virchchand A. Gandhu gave good reasons in the *Forum* why Christian Missions so signally fail under the management of flesh-eating and wine drinking Christians.

The formation of a Women's Vegetarian Union in England should lead to a like effort in this country. Women can do more to reform the dietary habits of the people than men can do of themselves.

Our friends who have time to study history will please add from time to time the names of public men and women whom they discover to have been Vegetarians, to the list we have elsewhere presented.

We commence our new series of FOOD, HOME & GARDEN with a portrait and sketch of John Walter Scott, who is president of the N. Y. V. S. He is a Vegetarian from principle and a liberal supporter of the cause, especially in New York.

In the HOME Department "Food & Temper" are well discussed in two items while the subject of Raisins receive special attention. Strawberries, Brown Bread, Peanuts and Vegetable Butter and the curative virtues of fruit are presented.

10

Our APPLE BLOSSOM Department will, we trust, encourage our dear young friends all over the country to write their thoughts for the next number. We have some pictures in prospect and hope to have at least one portrait of a Sweet APPLE BLOSSOM in every number.

Mrs. Geo. A. Farr, of Grand Haven, Mich., recently read a paper on "Fruit as Food and Medicine" at the Woman's Club there. Mrs. Farr is the wife of one of Michigan's most eminent lawyers and senators, who is in the line of promotion to Governor and U. S. Senator. We hope to present this excellent paper in our next.

Our explanation of the delay in re-issuing our periodical will, we trust, be satisfactory to our subscribers and we hope the financial interests of the Society will be sufficiently promoted to enable us to issue the new series without intermission. To this end we shall need the most zealous co-operation of every Vegetarian and friend of the cause.

The article setting little children up as examples of propriety in the selection of food, will be read with interest. It is one of a series of articles written by Father Paroli and published in Catholic periodicals. This service to the Vegetarian cause has been rendered in addition to his arduous labors as missionary among the Roman Catholic immigrants from Italy.

In the GARDEN "Eleagnus Longipes" a new fruit, is described: also Linden Oil a new table article, is represented in a translation from the *Voss Gazette*. Until Linden oil becomes cheap, Americans will limit their ambition to the use of such vegetable butter and oils as are easily obtained from the olive, the cotton seed and the cocoanut, all of which are now cheaply purified in this country.

"A Young Student's Experience" will be read with great interest, especially when it is known that the writer was only 15 years of age when he wrote it. Robert T. Newhall is a grandson of the late Rev. B. F. Barrett of Germantown. The removal of the Newhall family to Minneapolis will we trust, through Robert's sincere and earnest devotion to the

May,



cause, strengthen the movement in the great Flour Metropolis. Our friends there should see to it that our young friend will not long feel himself alone as a Vegetarian.

Miss Richards paints a vivid picture of the display of slaughtered animals in the streets of Baltimore. Philadelphia is subject to similar criticism, but Mr. Alfred H. Love president of the Universal Peace Union, has secured, by his favorite method of intercession with the market house authorities, a covering up of the most disgusting spectacle of the heads of dead animals with their glaring eyes which attracted his attention by the hideousness of the display. There is nothing in any of the food of Vegetarians that common decency requires to be covered from sight of young or old.

CHEAP LIVING.

Our friend A. H. Frank of Buffalo writes: "A man of my acquaintance who has 9 children from 14 months to 18 years old broke his leg about 14 weeks since and the whole family have lived on potatoes at a cost of 16 $\frac{3}{4}$ cts. a week, for eleven persons. This is the cheapest living that I have heard of yet. Potatoes are very low here now. The family are in good health." Irish peasantry have to live on potatoes and are usually a very healthy race. Yet our Densmore philosophers condemn potatoes as unfit for human food.

NEW SOUTH WALES.

The New South Wales Vegetarian Society in its last annual Report stated: "That Debates had been held with various Literary and Debating Societies in Sydney and suburbs, and there is good reason to believe the subject of the debate has been well received. Several Lectures had also been given by Pastor Dr. Kellogg and Mr. D. Lacy, in which the subject of food reform had been well treated. In September 1894, Mrs. Annie Besant being in Sydney, a deputation of members of the Society waited upon her and presented her with a very neat address, in accepting which, she expressed herself decidedly in favor of a non-flesh diet. The Executive continue to receive evidence of a growing interest in the subject of Food Reform. Several proposals

were made to extend the usefulness of the Society.

A Vegetarian Dinner given by the Society was attended by over 60 persons who thoroughly enjoyed the repast provided under the supervision of Mrs. A. W. Semmons." The report was signed by—F. H. Satchell, President; James W. Lawton Hon. Secretary.

THE CHICAGO VEGETARIAN BANQUET.

One of the most important events of the past year in the movement in this country was the Vegetarian Banquet at the Great Northern Hotel, Chicago. It was gotten up by the Chicago Vegetarian Society, the most active local Branch of the V. S. A. in this country. We were earnestly invited to be present but as it came Dec. 28th. in the midst of our Church festivities we could not leave Philadelphia at that time without neglecting important duties.

From a letter sent we quote: "Chicago, although the world's great mart of animal food in all its forbidding forms, is also the center of the great fruit supplying industry in all its lusciousness and beauty, and now, it seems to have achieved the distinction of leading all other cities, speaking the English language, in the strength of its testimony and example in regard to the foundation principle of personal purity and reform and applying that principle to the conscientious regulation of our daily food.

"The prosperity of your own central society and the successful inauguration of the three suburban societies show the vigor with which the work of the past three or four years has been carried on."

VEGETARIAN WEDDINGS.

Two of these interesting events occurred during the past year: one in Detroit, which we had the pleasure of attending: Mr. Emil Hensler to Miss Priester, attended by about 50 guests who were entertained sumptuously on fruit, cake and other Vegetarian luxuries. The other was that of Alexander Frederick Jenkins to Miss Adelaide Johnson, the former dropping his last name and becoming Alexander Frederick Johnson.



THERAPEUTIC USES OF APPLES.

RUDOLPH HECKER.

The notable percentage of phosphorous, exceeding that in other fruit and vegetables, renews the essential nervous matter—*lethicin*—of the brain and spinal cord. The acids peculiar to the apple enliven a sluggish liver and carry off noxious secretions and waste matter calculated to dull the brain, to cause jaundice or skin eruptions.

The *malic* acid offsets excess of chalky matter introduced by too much meat, as well as undue acidity (water brash) of the stomach.

Gerard found that the "pulpe of roasted apples mixed in a winequart of faire water and labored together until it comes to be as apples and ale, called lambeswool, never faileth in certain diseases of the brain, which myself hath often proved and gained thereby crownes of credit."

The paring of an apple cut somewhat thick, the inside whereof is laid to hot, burning or running eyes, on retiring at night and is tied to the same, helps the patient speedily and contrary to expectation. A poultice made of rotten apples is of very common use in Lincolnshire, Eng., to cure weak or rheumatic eyes. Also, in the Hotel des Invalides, at Paris, an infirmary, an apple poultice is commonly used for inflamed eyes; the pulp of a roasted apple being directly applied over the eye.

Long ago it was said apples do easily and speedily pass thro' the body (a good, ripe apple completely digesting in 85 minutes); therefore they mollify the stomach and bowels and for the same reason a modern maxim teaches that:

To eat an apple on going to bed,
The doctor then will beg his bread.

Good cider and milk mixed in certain proportion, have been successful in cases of longstanding sickness baffling all efforts of regular practitioners in Germany.

THE LIBRARY.

Gossip with our readers about new books and publications

Is Flesh Eating by Christians Morally Defensible?—Mr. Sydney H. Beard, Ilfracombe. 5cts., \$3.00 a hundred.

A very powerful appeal to the Christian public which must have weight with sincere

professors of Christianity. This is a nice little book to present to a friend.

A Book for Married Women.—T. R. Allinson, L. R. C. P. &c. 35 cts. of the V. S. A.

This is an application of Hygienic living to women. Strongly recommends Vegetarian diet but gives some directions to those who do not want to be deemed peculiar. The directions for successful treatment or prevention of all the difficulties incident to the trying period of woman's life are very full and complete and are the result of 20 year's active practice in London, and at the Hygienic hospital. It has reached a sale of 15,000 in England and will be equally appreciated in this country. It is Tokology in a small compass and at a popular price, but seems to contain all that is necessary to be known on the delicate and interesting subject it treats.

Reflections from the Sun.—Sara Thacher, Applegate, Cal. 25 cts.

This book is full of useful reflections on the nature of man as a dual being. Each division is a discourse on some text either from the Bible or some other theological book. It is thoroughly Vegetarian. We quote from p. 11: "Consider the atrociousness of the butcher and the sensualism it engenders. He whose lips are polluted with blood can never overcome fear and death. So long as a man kills animals and consumes their flesh so long will he be under the dominion of the destructive forces. Vegetables, grain and fruit keep the body in a clean condition making it more easily controlled by the higher law of the soul." All who desire to live a pure life should read this book. It is full of bright expressions of useful thoughts.

Man the Masterpiece or Plain Truths Plainly Told about Boyhood, Youth and Manhood.

—J. H. Kellogg, M. D., Modern Medicine Co., Battle Creek, Mich. \$3 00

A very elaborate and complete scientific description of man: anatomically, physiologically, ethically, connubially. With directions how to make life a success. Also how to avoid or cure the various forms of sickness common among men. The importance of oxygen. The evils of rum drinking and tobacco using. The effects of these habits demonstrated. Also clothing and bathing. The forms of packing and vapor baths. Enema, compresses, fomentations. Common ailments. Diseases of special organs. Diet is largely treated and fruit, nuts, vegetables and farinaceous foods with milk and cream, but without condiments and stimulants, are carefully prescribed. Richly illustrated. The book if generally consulted, would prevent much sickness and suffering.



The Countess Wachtmeister, of London, visited Chicago in August, and gave a most graphic description of the dire effects of eating the flesh of animals slaughtered while in a frenzy. In California a number of people were poisoned by eating meat and the cases were so remarkable the physicians in attendance demanded an investigation of the condition of the animal at the time of slaughter whose flesh had such dire effects on all who had partaken of it. The man whose business it was to kill testified the animal was a large ox, a magnificent looking creature, strong and full of life. He fought bravely to save it. He met his murderers defiantly, with eyes starting almost from their sockets, nostrils distended, mouth foaming. He roared and pawed the ground, tried in every way to defend and save his life for over an hour. Finally he was conquered. His flesh was sold, and with the awful results related above.—Julia A. Darling, Hotel Isabella, Chicago.

A Beauty Note.

"The secret of a bad complexion," said a well-known physician recently, "is a bad digestion, and we generally trace that to a bad liver." One of the best remedies for a sluggish liver is cheap and pleasant. Dieting is the secret of the cure. The best liver regulator for persons of sedentary habits—and those are the ones whose complexions are muddy—is to be found in apples, eaten baked if they are not well digested when eaten raw. I attended the pupils at a well-known boarding school, and among them was a country girl whose complexion was the envy of all her associates. I found that she was a very light eater at her meals, but she had a peculiar custom of taking a plate of apples to her room at night and eating them slowly as she studied her lessons. This was her regular practice. Some of the other girls in the institution took it up, and I know as a result of my personal investigation that the apple-eating girls had the best complexions of any in the school.—Spinning Wheel.

Mrs. Gobbler—Children, see that man over there with the full vest?—Young Gobblers: Yes.—Mrs. Gobbler: Well, your poor father helped to make it thus.—*Syracuse Post.*

The youthful contributions, in the Apple Blossom Department were fine. How noble it is for the young to abstain from meat eating and express feelings of repulsion at seeing animals killed for eating!—A. H. Bradbury, Norway, Maine.

If I felt as some contend that it is necessary to feed upon life to live, at the expense of other's pain, though that other is an inferior kind of species, earth would seem devoid of beauty and God of love.—Mrs. L. H. Coster, Mountain View, Cal.

My son (12) has grown to be such a consistent Vegetarian that I long to get him associated and attached to people of that faith and practice so he will have suitable association and companionship.—John R. Cooper, Phila.

THREE APPLE BLOSSOMS IN OHIO.

For myself I have never tasted flesh, fish or fowl. I use no butter, tea, coffee, pepper or vinegar. My three children are trained in the same way and are strong & vigorous. We aim to act upon our belief that these bodies of ours are the temples of the Holy Spirit and must not be marred by self indulgence.—Mrs. P. A. Crafts (*nee* Alcott) 214 Woodland Ave., Columbus, Ohio.

A VEGETARIAN CAT.

Our tabby is a non-flesheater. She has been brought up on Vegetarian diet. Ill nature is entirely absent for she has never been cross for a moment. She is very affectionate, purring and rising, and otherwise showing her kind nature every day. She makes friends of all neighboring cats, seeming to enjoy companionship.

She has never caught a bird, but mice are often caught and carefully played with until lost. Although she has been known to eat them she has now apparently lost all desire for flesh food. She is playful and enjoys playing with toads and catching flies on the window pane.

Her diet is unleavened brown bread, potatoes and milk. She refuses white bread of all kinds but appreciates unleavened gems as a hygienic would. When one is shown to her she will try to get it and is happy when she has obtained a portion of it.

Her disposition is even and never treacherous as cats are wont to be. Her whole nature shows refinement. The ears are large and forehead high. What would this world be if all flesheaters were thus civilized?—Contributed.

HOME DEPARTMENT.



Bad Temper and Meat Eating.

That meat eating is bad for the temper is the conclusion of a writer in one of the medical journals who has made a special study of the subject. In no country is home rendered so unhappy and life made so miserable by the ill temper of those who are obliged to live together as in England. In less meat-eating France urbanity is the rule

Simple Beverages Best.

I have given up tea and coffee and all kinds of meat. It was a very difficult task to leave off tea and coffee, but by perseverance I have at last overcome my former habits of living.—Miss Crissie Degan, 52 Leith street, Fort Wayne, Ind.

For persons accustomed to hot drinks, the caramel or hygienic coffee of Battle Creek, or Dr. Lovell's "Kauphy," is found serviceable. Even bran coffee is preferable to the coffee berry, which generally causes headache.

The Preservation of Food.

A bacteriologist has recently discovered that germs which produced phosphorescence in decaying substances are capable of growth at a temperature sufficiently low to freeze water. This explains the fact that meat and other substances, although kept in ice chambers, acquire after awhile a disagreeable taste and odor, giving evidence that a form of decomposition has been taking place, although different from the ordinary process of putrefaction. The preservation of food for any length of time requires dryness as well as coldness. In a damp atmosphere decomposition will occur in a freezing temperature.—South Florida Home.

RECIPES.

STRAWBERRY SHORT CAKE.

Make a soft dough of 1 qt. of flour, 3 tablespoons of baking-powder, 4 tablespoons of butter, 3 tablespoons of white sugar. Roll out and bake in three jelly cake pans. Mash 2 qts. of berries and sweeten them well. When the cakes are done, let the first and third ones be whole, split the middle one and put the berries between each layer, after it has been buttered. Dust white sugar over it. To make it still richer, before mashing the berries reserve a dozen or more of the largest. Then between the layers cover with whipped cream, sweetened. Also cover the top with a thick coating of cream, and place the berries on it in clusters.

STRAWBERRY WATER.

Bruise 2 pts. of fresh, ripe strawberries with 6 ounces of loaf sugar, and the juice of 3 lemons; add to this 1 pt. of cold water; mix thoroughly, and pass as much as possible through a coarse cloth, but do not squeeze the mixture. Then add another pt. of cold water and put in a cool place.

STRAWBERRIES WITH WHIPPED CREAM.

Take 1 pt. of small, ripe strawberries; place in a jug and sprinkle with one tablespoon of powdered sugar and pour the juice of one lemon over them. Shake well; cover and let stand for ten minutes. Whip $\frac{1}{2}$ pt. of cream to a stiff froth, turn on a hair sieve, so that the milk can drain off. Give the strawberries another shake, turn them in the form of a pyramid on a glass dish, pour the juice over, and cover them with the whipped cream. Serve at once.

VEGETABLE PIE.

For a small pie: take three or four medium sized potatoes, an onion, and 1 or 2 hard boiled eggs. Slice the potatoes and onions, season as desired, and boil in about a pint of water. When done line a deep pie plate with crust, put in the potatoes and onion and slice the egg over. If the water has boiled away add more as plenty is required, thicken this water with flour, add a piece of butter and pour part of the gravy in the pie. Cover with a top crust and bake.—A. W. E.

BROWN BREAD.

1 cup of Indian meal, $1\frac{1}{2}$ cup of rye meal, $\frac{1}{2}$ cup of wheat flour, $\frac{1}{2}$ cup of molasses, 1 cup of milk, $1\frac{1}{2}$ cup of warm water, with one teaspoon of soda dissolved in it. Put one teaspoon of salt with the flour, mix all together thoroughly and steam 3 or 4 hours. I steam mine in a tin pudding mold, with a tight fitting cover, but a pail will do.—A. W. E.



Food and Temper.

After eating a hearty meal of warm food I often feel stupid and sleepy. But after a light lunch of fruit and bread or mush I can pitch into the work with a good will and when it is done can enjoy a good romp and play-spell with the children, and find I feel so much better for it. I mean to keep on and see what can be done with an evil temper. If by living on a fruit diet I can gain a mastery over my temper, I shall feel well paid for my trouble. I used to think I should never be able to govern it, but reading about Miss Stanford in your last issue has given me hope and I mean to try and follow her example. I hope all who read this will try and do the same, for it is my belief we should all try to live as near a perfect life as possible, and do the best we can to help others to do so.—Mrs. T. E. Ingham, Rincon, Riverside county, Cal.

Raisins.

In consequence of the marvelous growth of the raisin industry in California and the cheapness of the product to the consumer, the question has been raised whether the raisin does not possess an intrinsic food value, independent of its use as a luxury, and the argument seemed to favor the affirmative of the proposition.

It is asserted by those who have studied the question from a scientific and hygienic standpoint that the nutritive power of raisins as compared to meat is as four to one.

Raisins, like other dried fruits, are genuine food, contain elements which are fully as necessary to good health as librine, dextrine and all the rest of the things which analytical chemists have discovered in flesh-making and strength-making foods.

Those who have studied the question of raisins as food profess to have something like 100 receipts for the preparation of the raisin, and each of these, it is asserted, has an economic value, says the San Francisco "Chronicle." Whether this estimate be excessive or not, one thing is very certain, and that is that the world would be better off from the hygienic point of view if we were to eat more fruit and less meat.—Chicago Evening Post.

BAKED PEANUTS.

Peanuts baked in the same manner as beans but without the addition of oil are excellent.—Mrs. Le Favre.—We have tried them and relished them as a change from beans. Peanuts shelled can be obtained in Philadelphia at 10 cts a lb. in ten lb. bags.

POPCORN BALLS.

Mix with 1 cup of molasses, 1 cup of sugar, and $\frac{1}{2}$ cup of butter. Put in a kettle over the fire, and boil until it spins a delicate thread. Use good popcorn, rejecting all unpopped kernals. When the syrup is cooked, put the kettle on the back of the stove where the syrup will lessen in heat but not become cool. Mix the popcorn carefully with the syrup, stirring gently that the kernels may not be broken. As soon as it is cold enough to handle, grease the hands and form into balls.—"Table Talk."

VEGETABLE BUTTER.

The use of vegetable fat for cooking in preference to butter and lard is rapidly increasing.

Mrs. S. T. Rorer, Principal Philadelphia Cooking School, Editor of Household News, Phila., writes "I have been using Diamond Butter Oil exclusively in my home and school for four months; find it much better than lard and butter for cooking purposes, and I unhesitatingly recommend it to American housewives."

Mrs. Ella Luria Hoyle, Cooking Lecturer and Principal N. O. Cooking School, writes from New Orleans: "I indorse Diamond Butter Oil both for purity and economy, and recommend it highly to all careful housekeepers and cooks."

Mrs. E. W. A., Haverhill, Mass., writes: "I like the Diamond Butter Oil very much and I want some more."

The manufacture of Coconut Butter in America is also a great gain in this direction. A lady of our acquaintance who has tried both, says it is superior to that imported from Germany. The Vegetarian Society of America supplies both products and guarantee the purity of what they supply.

ECONOMICAL.

Four oz. of Graham flour, made into gems and a little fruit and about $\frac{1}{2}$ oz. of cheese, sometimes, makes a meal for me. I only use cheese occasionally. My health is excellent. The longer I practise Vegetarian diet the more I am in love with it. I discard all stimulus not having drank a cup of tea for 60 years. Coffee I never used. Water is good enough for me. I drink very little as by eating fruit it is not uncommon to go a month without drinking and have passed three months without drinking anything.—A. H. Frank, Buffalo, N. Y.

"FRUIT AS MEDICINE."

Fruit is not medicine, but it encourages natural processes by which remedial processes are brought about. High authority gives the following as the curative effects of various kinds of fruit: "Laxatives: oranges, figs, tamarinds, prunes, mulberries, dates, nectarines, and plums. Astringents: pomgranates, cranberries, blackberries, dewberries, raspberries, quinces, pears and wild cherries. Diuretics: grapes, peaches, strawberries, whortleberries, black currants and melon seeds. Refrigerants: gooseberries, red and white currants, pumpkins and melons."

THE GARDEN

Eleagnus Longipes.

Eleagnus longipes is a valuable new fruit as well as a magnificent ornamental shrub from Japan. Perfectly hardy, free from disease and insect vermin of all kinds. Very attractive in bloom, in May, after which until late in the fall it is clothed in luxuriant green foliage, silvery underneath, and producing in profusion handsome bright red berries, which make delicious sauce. This fruit has been grown and highly prized in an amateur way for a number of years, but not until recently has its great value as a garden or market fruit been recognized. We anticipate for this rare and valuable new fruit an immense demand as soon as its great merits become known to the public.

Extract from William Falconer, in "Rural New Yorker": "The shrub *Eleagnus longipes* is one of my special favorites. I have grown it for years and the longer I know it the better I like it. It is a native of Japan and belongs to the olive family of plants, and is perfectly hardy. As a garden shrub it grows to a height of five feet or more; is bushy and broad and thrifty. Plants begin to fruit when two or three years old. The leaves are oval, oblong, green above, silvery beneath, and last in good condition all summer long, and are never disfigured by insect vermin. The flowers are small, silvery yellow and borne in great abundance, and are in full bloom about the 6th to 10th of May. The fruit is oval, five-eighths of an inch or more long, very fleshy and juicy, bright red and drooping, on slender pedicels on the under side of the twigs, and borne in immense profusion. It is ripe about July 4 to 10. We use the fruit for sauce as one would cranberries, and a delicious sauce it makes, especially for children; indeed, I like it so well that I have planted it in our fruit garden as a standard crop, as one would currants."—Florida Southern

LINDEN OIL

TRANSLATED FROM *Voss Gazette* BY RUDOLPH HECKER.

Oil for the table, made by scientific process, of the seed of the Linden, *Tilia*; either the European Linden, or the *Tilia Americana*, (Basswood) also called the bee-tree, because the honey bee greatly resorts to it in due season. The seed is produced annually in large quantity with but rare, if any, decrease, and this raw material is notably rich in oil, 58 per cent, ranking below the Para nut (*Bertholetia excelsa*), the cocosnut (*cocos nucifera* palm) and the hazelnut; but above the walnut, linseed, the sunflower, even the oil palm proper. The linden seed may be pressed, or ground; the oil being extracted by means of petroleum-ether, and then got by distillation. If properly procured this oil has the identical fine, clear hue, limpidity and agreeable flavor of the best olive oil, devoid of aught of bitterness &c. It does not get rancid, may be freely exposed to the atmosphere, will not dry up, has no affinity for oxygen. Therefore it is equally valuable for industrial purposes. A wintry temperature of 21 degrees Centigrade does not affect its body nor constitution. These features were already patent about a century ago, but untoward circumstances precluded action looking to elaboration.

The present status of chemistry adapted to commercial purposes admits successful process.

The *Tilia Americana* produces no nuts, but small seeds like the European Linden tree. The Basswood tree, besides the seed, is a useful tree: for timber, honey and medicinal purposes; the dried blossoms being an excellent sudorific, a nice beverage.

A COMPLETE FRUIT GARDEN.

A good plan for a fruit garden is given by an exchange. It is sixty-eight feet wide, one hundred and fifty feet long, and staked off in rows one hundred and fifty feet long and seven feet apart, because then most of the work can be done with a horse and cultivator. The strawberry rows need only be three and one-half feet apart. A headland seven and a half feet wide is left at each end for turning. The first row is set three feet from the outside, and the others follow in order.

First Row: Fifty blackberries, Fort Ancient Briton, ten Snyder.—Second Row: Fifty black raspberries, twenty Nehema, twenty Ohio, ten Older, Palmer or Progress.—Third Row: Fifty red raspberries: twenty-five Marlboro, fifteen Cuthbert, ten Shaffer's Colossal.—Fourth Row: Fifty currants: twenty-five Victoria and twenty-five Red Dutch.—Fifth Row: White currants & gooseberries: twenty-five white grape, fifteen Downing and ten Houghton.—Sixth, Seventh & Eighth Rows: Three hundred strawberries: 200 pistillate and 100 staminate.—Ninth Row: Seventeen grapes: Moore's Early, Worden, Brighton, Concord & Delaware.—Tenth Row: Hardy fruit trees.



ALBERT H. SNYDER.

PRESIDENT OF THE CHICAGO VEGETARIAN SOCIETY.



COUNT LEO TOLSTOI.

EUROPE to-day has no better representative of advanced thought and practical wisdom than Count Leo Tolstoi. He is called "the grand old man of Russia." Starting as a novelist he attained great distinction and having adopted Vegetarianism he has rapidly advanced in his moral and spiritual nature and stands to-day in the very front rank of the moral reformers of the 19 century.

He is, of course, opposed to all forms of physical violence and although a communist and believer in human rights he will not counsel the commission of a single act of violence to accomplish political emancipation. This position has saved him from prosecution by the Russian government and with all his radicalism he is really in favor with the Imperial Court. The emperor respects him for his nobility of character as well as for his title of nobility.

Count Tolstoi attributes all the ills of the present life to deliberate violation of the teachings of Christ. His religion is that of the Sermon on the Mount. He is so radical as to believe that the teachings in that sermon are not only ideally true, but eminently practical. He believes standing armies, navies, slaughter houses and all such devices for the shedding of blood are repugnant to the will of God and should be abolished. That evil should be resisted only by moral means. He is an enemy to all deadly force or violence. For reform he depends on effecting a change in men's ideas and sentiments. Victor Yarros in an article on Count Tolstoi in the *Phrenological Journal* furnishes us with some of these particulars and in regard to the Count's private life he says:

"Count Tolstoi's private life, while not

absolutely consistent with his philosophy of existence, comes as near being a faithful realization of his ideal as modern social conditions allow. Belonging to the highest nobility, he entirely ignores all arbitrary divisions of society and deals with all men on terms of absolute equality. Rank, titles are nothing to him, or rather worse than nothing, for he considers them to be un-Christian and demoralizing. He believes in simple natural existence, and in spontaneous morality. He has profound faith in the moral worth of the peasants, 'children of nature,' whose lives are purer than those of so called civilized men. Though a possessor of considerable wealth and landed property, Count Tolstoi, refuses to derive any personal enjoyment from it. The Countess, his wife, manages his estates, and disposes of the income. Count Tolstoi, true to his ideas, refrains from interfering with his wife's business methods, believing that he has no right to compel her to adopt his views, which she does not altogether share. His children (and he has several) sympathize largely with his theories and aid him in his work.

"Count Tolstoi dresses like a peasant and lives in the simplest possible way. He passes most of his time in the country, where he works in the fields with the peasants, when his literary and charitable activities are not pressing. No man in Russia did more for the peasantry during the recent famine than Count Tolstoi. He secured funds, organized relief societies, established eating-houses and distributed seed.

"Count Tolstoi is against any use of intoxicants or tobacco. His explanation of the widespread craving for stimulants is peculiar. Men smoke and drink, he says, because they

Food, Home and Garden

seek to drive away disquieting thoughts. Their conscience troubles them and keeps reminding them of the sinfulness of their lives. To lull and silence conscience we resort to tobacco or drink. "Men," declares Tolstoi," are afraid to think. They know that they are hypocrites and criminals and they will do everything to forget themselves."

That Count Tolstoi is a Vegetarian has long been reported and the report is confirmed by the following from his own pen :

"I only desire to establish the propositions that, in order to lead a moral life, it is necessary to observe a certain sequence in good actions; that if a man is serious in his aspiration to lead a good life the practical manifestations of that desire will necessarily unfold themselves in a certain order, and that in this order the abstemiousness (self mastery) is the first virtue which he will have to cultivate. In the pursuit of the virtue of abstemiousness he must again observe a certain definite order, and the first step therein will be abstemiousness in food fasting.

"In the practice of fasting the first thing from which he must abstain, if he really and truly aims at leading a good moral life, is animal food, and this for the intelligible reason that, not to speak of the passions it engenders and fosters, the consumption of animal food is plainly immoral, because it demands an act which does violence to our moral sentiments—viz., murder—and is encouraged and kept up only by men's greed of gold and their appetite for savory food. The reason why the first step in fasting and in right living is abstinence from animal food has been admirably formulated, not by one man only, but by all mankind in the persons of its most accredited representatives during the course of human history.

"But why, one may ask, if the illegality—i. e., immorality—of consuming animal food has been recognized by mankind for such a long period, have people nevertheless persisted down to the present in ignoring this law? This question naturally suggests itself to those who are prone to be guided less by

the light of their own reason than by public opinion. The answer to the question, however, is that all moral progress, (and moral progress is the essence of all progress whatever) is a work of time, is accomplished slowly, but that the sign of genuine progress, as distinguished from casual advance, is its uninterrupted continuousness and its ever increasing rapidity."—Count Tolstoi in *New Review*.

DOMINION.

We are bid to have *dominion* over all living creatures, but *dominion* *never* means to kill. A parent has dominion over his family, but does that give him the right to kill them? Verily no. God's command is: "Thou shalt not kill"—that is anything that has life. Just the same as the next command: "Thou shalt not steal."—that is anything that does not belong to you. There is *no* limit to either. Take not what you cannot give, and that is Life. Do not eat and drink condemnation, then try to preach salvation.—J. H. Neff, Ft. Wayne, Ind.

PHILADELPHIA VEGETARIAN SOCIETY.

The May Meeting of the Philadelphia Vegetarian Society was held on the 18th of May at the Lecture Room of the B. C. Church, Park avenue. Mrs. Sarah Hall the Vice President occupied the chair in the absence of President Rev. A. T. de Learsy who is in Nebraska. Miss Emma I. Bettes, who was elected last month, occupied the Secretary's seat and her performance of the duties of her new office gave great satisfaction.

The meeting was opened with prayer by Rev. Henry S. Clubb who also addressed the meeting giving an account of how success had been achieved in Chicago by the efforts of quite young Vegetarians.

Boarding Houses and Restaurants were discussed and speeches made by Dr. Abby, Dr. Lovell, and Rev. Chas. Daniel who afterwards entertained and instructed the audience with a lecture on "the Slums and who is Responsible," illustrated by lantern pictures. The subject of a Picnic will be discussed at the next meeting to be held Monday, June 15. The question: Where shall we hold our Picnic?

June,



CHICAGO VEGETARIAN SOCIETY.

The annual meeting of the Chicago V. S. took place May 5, at the Grand Northern Hotel.

From the *Inter Ocean* we learn that Captain W. P. Black read a paper on vegetarianism from the humanitarian standpoint. "The Preciousness of Life." Mrs. H. C. Garner presented the utilitarian view in "The Desirability of a Vegetarian Mode of Living."

The annual election of officers resulted in the selection of the following for the ensuing year.

Albert H. Snyder, president; Dr. James R. Price, vice president; H. S. Wilcox, recording secretary; F. E. Greene, corresponding secretary; Miss Frances L. Duesenberry, treasurer.

Dr. Stockham has kindly consented to speak at the June meeting to be held Tuesday, June 2, at the Great Northern Hotel. Seven or eight members were received.

A Vegetarian Boarding House has recently been opened in Chicago and another is contemplated, the first one kept by Mrs. Brubaker, a member of the C. V. S., being already full of boarders.

Dr. Stockham has invited the Vegetarians to a picnic at her beautiful home, Stockham Park, Evanston, the extreme northern suburb of Chicago; probably sometime in June or July.

Luther E. Ellison a prominent member of the Chicago Vegetarian Society was married, March 8th, 1896, to Maude, daughter of Mr. and Mrs. O. P. Stearns, at Winthrop, N. Y. At home in April and succeeding months at 909 Grove St., Evanston, Ills., a suburb of Chicago. Congratulations!

The tone of **FOOD, HOME & GARDEN** is so uplifting; its spirit so benign that it really always refreshes me and gives me new hope.
—Dr. John M. Habel, Y. M. C. A. B'g, Phila.

For the beautiful engraved title to **FOOD, HOME & GARDEN** on the first page of cover we are indebted to Mr. Emil Hensler of Detroit who donated it to the V. S. A. who also furnished the engraved headings to the **HOME** and **GARDEN** DEPARTMENTS on the same liberal terms. The fancy running titles are ornamented by a design from Geo. Brunswick,

who also furnished the headings for the **APPLE BLOSSOM SOCIETY**.

Cattle Inspector Bemis of Paxton, who is 77 years of age, is a severe sufferer as the result of blood poisoning, caused, it is claimed, by one of his fingers that was cut coming in contact with a badly diseased animal that had been slaughtered in that town.

His whole system has become affected, and two fingers on one hand have been amputated as the result of this blood poisoning.—*Phila. Item*.

The venous blood of even a healthy animal will cause blood poisoning. Whoever heard of blood poisoning from touching the blood of a beet?

Mrs. Chant during a lecture at Denver, Colo. is reported to have said; "The cooking of the future will be simpler. Fruits, vegetables, cereals will form a much larger proportion of our food. Our ancestors once ate human flesh raw. We eat animals' flesh cooked. This is certainly a great step in advance. But I believe the time will come when the stockyard will be as much a thing of the past as the cannibal's meal." She repeated a recipe for a partridge pie from an old book, an insane mixture of birds, bacon, onions, strawberry preserves and port wine, and thanked God that the new woman had already ceased laying such death traps for dyspepsia as that.

PROPERTIES OF VEGETABLES.

An eminent physician who has been investigating the properties of the different vegetables, announces, according to the *New York Journal*, that a diet of carrots ameliorates harshness of character and reduces nervous irritability; peas create fatty tissue and encourage joyousness, while turnips have just the opposite effect. Celery taken in excess causes eye trouble while cabbage is beneficial in pulmonary ailments, and lettuce aids as a sedative, owing to the opium contained in its milky juice which keeps skin clear and fresh.

Red beets are blood producing and will add plumpness to the thinnest form providing they are boiled tender.—*Womankind*.



THE LION AND THE LAMB WITHIN AND WITHOUT.

BY CARRICA LE FAVRE.

Back of all material and natural there is a spiritual. The *outer* is symbolical of the *inner*. Would we have the "lion lie down with the lamb" in the outer kingdom, we must make the lion of our own nature lie down with the lamb of our own nature. We must stop the act of slaughter and the thought of it that prompts the act.

Man is a composite being having in him all the natures he sees out there in those animals. As soon as he "*subdues*" the animals in his own nature he will cease to "kill," and the cruel thoughts emanating from him will cease giving forth to incarnate themselves in those animals. There will be a "*kingdom of heaven*" within him and a "*millenium*" without.

Let the just work go on; there can be no doubt, that as man *approaches* the "Christ-likeness" brutality will *recede*. The animals will *not* overrun us, no; for as the *spiritual* increases the *natural* decreases. As the Christ increases the Jesus (or natural) decreases. The day of "*restoration*" comes when all will see where those things belong and that they are not *food* for us in the false sense so commonly entertained. Let those of us who have "Light" not hide it under a bushel but put it where those may read who will and are "*ready*" for the truth. All *must* and *will* come to it some time for we are all *created equal*. Though *born* *unequally* in the *flesh*, we have our *inheritance* of God and after the *spirit* in and not of man after the flesh.

Let us leave the "Egypt" of bondage and brutality and "go up" to Jerusalem and *pass over* (overcome) the low and enslaving desires.

CRUELITIES OF FLESHEATING.

Ghastly abuses have been discovered in the shipment of live stock. In some cases, in the long trains from west to east, sheep and hogs have been shipped in the same car. The hogs becoming hungry, attack the sheep, and when the train reaches its destination some of the sheep are half eaten up by the swine. There

are instances in which, in spite of the laws to the contrary, animals are left more than two days without food or water. Hundreds of dead, dying and crippled food animals are taken from these trains each month. It is horrible.
—Keystone Review.

Where are our good friends of the A. F. Societies? Can they consistently eat "rashers of bacon," "mutton chops" and beef steaks" while this system continues?

DISCUSSING DOMESTIC ECONOMY.

An interesting part of the program of Chautauqua for 1896 will be a conference under the charge of Mrs. Emma P. Ewing, the well known domestic economist. The problem as to how the income of the average American family can be most wisely and economically utilized for shelter, food, dress, decoration, education, etc., will be discussed by such authorities as Mrs. Jenness Miller, Miss Anna Barrows, Mrs. Emma P. Ewing and others. We have no doubt these ladies will advise a well selected vegetarian dietary as conducive to economy.

Our Apple Blossom page give us the pictures of two talented little girls who give good promise of usefulness. They have begun early in life. We invite our friends to give encouragement to this department of our work. When we gain the children we have gained the victory. We have the picture of a whole family in Washington, but have not yet received the particulars.

The Chicago Vegetarian Society intend to have a banquet on Thanksgiving Day, 1896. Could we not have a special gathering or Convention of Vegetarians in Chicago about that time? Let us hear from all our friends on the subject, so we can ascertain how many would come to the Convention. It would help the Banquet and the Banquet would help it.

THE SHAKERS.

* * Few, I said before, eat *meat*; and I was assured that a complete and a long continued experience had proved to them that people maintain their health and strength fully without meat.—Charles Nordhoff.



A SILVER WEDDING.

There was recently celebrated in Philadelphia the 25th anniversary of the marriage of Mr. and Mrs. Samson Cariss. There was a houseful of guests and a collection of presents, mostly silver, which showed the esteem and affection which the couple enjoy among their friends. Mr. Cariss is organist of the Bible Christian Church and is a fine specimen of a life-long Vegetarian. Mrs. Cariss knows well how to prepare a vegetarian dinner and their hospitality is proverbial. Among the congratulations the following was read to the assembled guests and cordially responded to :

1871 1896

- 1 In eighteen hundred and seventy-one
- 2 When this wedded life was at first begun
- 3 It was a merry time!
- 4 Then as the months and years rolled on
- 5 Both joys and sorrows have come and gone
- 6 With music's soothing chime!
- 7 Enough of contrast in this man and wife
- 8 To give to each ambition and some strife
- 9 Each other to excell
- 10 In works of kindness. Hospitality
- 11 Has been their chief and last infirmity
- 12 With music's gentle swell!
- 13 Friends have increased as well they might
- 14 With social parties many a night
- 15 Throughout each year!
- 16 Until we count up the twenty-five
- 17 Years in which they have kept us all alive
- 18 With music's cheer!
- 19 And now we'll have again a merry time
- 20 To celebrate with music and with rhyme
- 21 This silver year!
- 22 Remembering wisdom's peaceful ways
- 23 Will lead to many happy days
- 24 Love's music ever near
- 25 Reaching life's golden year!

Thou may well imagine the feeling of gratitude I experienced on receiving your dear little paper, FOOD, HOME and GARDEN, not so much for myself as for fallen and suffering humanity. It is great company for me as I am the only vegetarian in this place, but the people can see that I can stand more than the meat eaters and if I could get a few boarders or patients to take treatment I think I could show to the world that the many diseases prevalent throughout our land are the consequences of a violation of God's laws.— Susan G. Bailey, West Grove, Pa.

WATER FOR HEALTH.

As one of the most valuable of the solvents, water enters into the blood and other liquids, making the entire round of the system in a very brief period, coming into contact and dissolving the effete matters, which are thrown off by the decaying parts of the body, as useless and putrescent offal, to be thrown off by perspiration and by the general excretories, doing more in the matter of renovating the body than all of the "blood purifiers" ever produced. While there is a constant tendency toward the accumulations of irritating deposits, free drinking of water prevents an excess, proving a very important means of the preservation of the health. At no time is this more efficacious than when the stomach is empty, as early in the morning and at night, when there is generally an accumulation of mucus on the membrane, interfering with the oozing out of the gastric juice, the water, particularly if taken quite warm, a half hour before the meals, dissolving this and passing it into the bowels, materially improving the digestion of the following meals.—*Phrenological Journal*.

While we have had the pleasure of receiving many congratulatory and complimentary letters from friends, and have also received numerous accessions to our subscription list, and our friends are generally seeing the necessity of exerting themselves to secure the permanency of our publication; the actual amount received during the month is not equal to our expences. But in commencing our expences are greater than they are likely to be in the future. We especially urge our friends to avail themselves of our liberal offer of 4 copies a year for \$1.00. It is only by getting a very large number of these \$1.00 subscriptions that the cost of printing them can be met. We do not believe there is a vegetarian in this country who cannot afford to contribute \$1.00 a year towards the distribution of his own publication but as some do not think they can, others who are able to afford it, will oblige by doing more. Blanks for Club subscriptions can be had on application.

Food, Home and Garden

FRUIT AS FOOD & MEDICINE.

A paper read before the Woman's Club of Grand Haven, Mich. March 21, 1896.

BY MRS. GEO. A. FARR.

The saying "Tell one what you eat and I will tell you what you are," while something of an exaggeration, has in it an element of truth. This question of food is one upon which people differ more widely than any other unless it be upon religion. There are almost as many opinions as there are individuals. We have those of strong digestion who have never felt the pangs of an outraged stomach, and who eat whatever is set before them asking no questions. We also have those who have risen to such heights that to take any thought of what we shall eat except what is absolutely necessary to sustain life, seems an act of grossness. I think both of these classes are laboring under a mistaken idea for the food we eat has an incalculable effect upon our whole life, and requires much more thought than is given to it by the ordinary woman. Indeed, now it is recognized as one of the sciences and is taught in almost all our colleges and universities. One writer has said: "Go into a factory-hands' boarding house, or a sailor's mess-room, or a rough farm kitchen and there study the meaning of the hour to those congregated to feed. Observe their manners, their faces, the texture of their skin, even their flesh and bone structure, then saunter into the cafe of one of the high class restaurants, and compare the manners, faces, skins, flesh and structure of these people with the former. But our food does not affect merely our physical nature but it leaves its mark upon our mental nature, changes the whole tenor of our lives and makes the remembrance of us pleasant or otherwise long after we have passed away. No matter how much we may admire Carlyle, and the rich heritage he has left us, who of us does not remember first of all, whenever his name is mentioned, that sour, crabbed disposition which made him a terror to all his friends—the result of chronic indigestion. It is a well established

fact that our diet consists not only of those elements necessary to sustain life, but that we need a variety and frequent change in our food. The value of fruits as a food is far from being generally understood. Grown in every quarter of the globe, ripening in succession from early spring till winter, they contain, if we include nuts, every element needed for the nourishment of the human body. I shall not enter into a description of the processes of digestion except to remind you that acids form an important part of the gastric juices of which fruits furnish an abundant supply. "Nature is a better chemist than man, and she has placed within envelopes of different forms those exquisite acids and sweet flavors and essences, which in some subtle way sustain every portion of the system from the hair of the head to the nails of the hands and feet. At this time of the year, when our blood has become sluggish from too little exercise and over heated rooms and we complain of the lassitude which we ascribe to the spring time, we are apt to think of the delights we would experience if we were only in some tropical country when the trees were bending with the weight of delicious fruits, forgetting that we have in our own land, at a very moderate expense, one of the most healthful and nourishing of fruits in the world—the apple. It ranks in value among fruits equal to wheat among cereals. It contains sugar, the malic and tannic acids, gluten, pectin, ferbrin, starch, traces of free salts, and water. In cases of poor digestion it should be eaten alone or with bread, and not with meats or vegetables. Recipes are given for preparing apples in a hundred different ways.

"In respect to food values scientists rank grapes next to apples. Schlickeysen terms the one the king of fruits, the other the queen. It is only necessary to allude to the use made of the cocoanut, the date, the fig, the pineapple and the bread fruit by the inhabitants of the zones where these fruits flourish. In the south of Europe figs constitute a large part of the diet five months out of twelve. Arabs when crossing the desert live for weeks upon a handful of dates a day.



Dr. Seegar, one of the most progressive physicians of the age, says: "It is an observation not less important than true that attending merely to a proper diet, a phlegmatic temperament may be changed to a sanguine one, and the hypochondriac may be so altered as to be a useful member of society. The eating of fruit at the beginning of a meal, while it presents a bland or congenial material to the delicate lining of the alimentary organ, is also a safeguard against the overfeeding which comes from the reserving the fruit until the last. He also says: "If our bilious friends would throw aside their liver pills and study nature in her more smiling and bounteous moods, would allow her to tempt them as Eve tempted old Adam with the apple, they would by pleasant, natural and healthful methods free themselves from the thick bilious impurities which make them a nuisance to themselves as well as to those around them. Biliousness is one of those demons that can be pretty well exorcised by proper diet and due amount of exercise. Acid fruits are of the greatest service in inflammatory disorders. Persons of a thick and languid blood cannot eat anything more conducive to health than fruit as it possesses the property of attenuating and putting such blood in motion."

Dr. Holbrook says: "There is scarcely a disease to which the human family is heir, but the suffering therefrom would be greatly relieved or entirely prevented by the free use of fruits which are now so generally forbidden." He relates that during the war many of the troops who were sick with diarrhea and dysentary cured their diseases by stealing from the hospitals into the fields and eating fruits, especially blackberries. Children suffering from cholera infantum he had sent to the peach orchards of Delaware with the most gratifying results. He concludes: "There is scarcely a disease accompanied by fever but grapes and bananas may be freely given to the patient. Grapes promote secretion, increase nutrition, improve the action of the liver, kidneys, and bowels, and add to health."

The grape cure is now used successfully for consumption, catarrh, affections of the liver, scrofula, asthma and diseases of the kidneys. The *Lancet* records a most remarkable fruit cure. The case was that of a child three years old who for half of his life had been ill. He was covered from head to foot with ulcers, blind and in constant pain. Eight eminent medical men had pronounced him incurable, when the ninth determined as a last resort to try the virtue of fruit. His diet consisted of fruits either in the natural state or cooked and sugar or honey. In three days the ulcers showed signs of improvement, soon he began to open his eyes, the first time in more than a year and in three months and a half he was pronounced cured with a smooth skin and restored features. During the 18th century the scurvy had more terrors for the sailor than all the sufferings induced by the cold of the Arctic regions, but a sure remedy was found in the juice of the lemon and lime and now by act of Parliament no ship can leave England for the frozen north without a supply of lime or lemon juice. This act provides for a supply of one ounce per day to each man but it is now thought that an ounce and a half produces better results. It is a curious fact that a sailor suffering with scurvy, though supplied bountifully with food from the ship's stores presents all the symptoms of starvation and in addition to these profuse bleeding of the gums. And so we might go on almost indefinitely through the long list of diseases and fruits.

Tomatoes are used for boils and carbuncles. Pineapple for diphtheria and throat troubles. Strawberries have been known to cure malarial fever, and finally, ladies if you would be healthy and beautiful, of fair complexion and bright eyes, eat plenty of fruit.—*Grand Haven Courier Journal, Mich.*

Mr. R. is a bright, young man. He writes me he is thinking of giving up the use of flesh food altogether. A year's subscription to F., H. & G. has had a good effect.—*Rich-ard Post, St. Johns, Mich.*



Food, Home and Garden

PHILADELPHIA. JUNE, 1896.

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

The Home and Garden Departments furnish useful suggestions.

Our present number opens with a sketch of one of the most earnest and ablest men in Europe, Leo Tolstoi.

Miss Caroline Kofel was re-elected president of the North side Branch, Vegetarian Society of Chicago, May 18th.

Mrs. Carrica Le Favre is lecturing on various subjects relating to health, beauty and culture. Her address is 999 P. O., Chicago.

Drs. Pfeiffer and Brown both members of the Chicago V. S. have incorporated a Vegetarian Humane Society in Chicago.

The notes on New Mexico by Mrs. Howland will give valuable information to those who are contemplating removal to a delightful climate.

Mr. Oldfield editor of the *Vegetarian*, London, writes an interesting account of the situation in England and of the Vegetarian Hospital.

The paper by Mrs. Farr of Michigan on Fruit as Food and Medicine will be read with interest and profit. We hoped to present a portrait of Mrs. Farr but the promised photo did not reach us in time.

The Vegetarian idea is gradually permeating good society in this country. It is no longer necessary to apologise for not eating flesh meat: the apology is made now for having it on the table when well known vegetarians are present. It is a frequent remark: "We eat

very little meat now, and might as well give it up altogether."

Dr. Stockham lectures before the Chicago Vegetarian Society, June 2nd, at the Grand Northern Hotel, on "Artistic Living." "It is barely possible," says Mr. Snyder in his letter, "that Countess Wachmeister will speak also."

We do not publish list of receipts as improper use was made of it to the annoyance of our friends by applying to them for aid to other societies. We hope to publish a society report once a year for members and donors only.

We are glad to see that water is becoming better appreciated. Some hygienists seem to think it is best not to drink even water, but they should remember how necessary water is to cleanse the outer skin and it is no less so to keep clean the mucus membrane within.

The portrait of Count Tolstoi which forms the frontispiece of a few copies of this present number was kindly sent us by Mr. Oldfield through Miss May Yatea, who made up the package of engravings and electros. It seems to be the reproduction of an oil painting of the distinguished Russian. The conclusions of Count Tolstoi show that truth produces similar convictions as to life and duty wherever it is received even by persons isolated from each other.

In some of our issue this month we publish a portrait of Count Tolstoi and in the balance a portrait of A. H. Snyder. The reason for this is the electrotype plate of Count Tolstoi's portrait, received from England, suddenly came off the block while the press was running and was so badly bent it could not be mended. Those who get the picture of Mr. Snyder and still desire a picture of Tolstoi can please write us and we will send the other copy if the supply be not exhausted. We may repeat the picture of Mr. Snyder, if desired, at a future time so that all our subscribers will get it and we are expecting a sketch of his life from the pen of one of his many Chicago friends. He will not write about himself.

THE LIBRARY.

The Science of Nutrition—Edward Atkinson, LL. D., Ph. D. 248 pp.

This treatise upon the science of nutrition is a careful compilation of what has been discovered in regard to the nutrition of various articles of food, and the nutritive value of food materials, with numerous recipes. It is an illustration of the value of the Alladin Oven which is a contrivance by which a simple oil lamp supplies sufficient heat to bake a good sized batch of bread or cook a dinner for a large family. It seems to be the highest achievement of science for economically cooking or preparing food for digestion.

Cancer: How It Is Caused and How to Prevent It.—10 cts. V. S. A., 310 Chestnut St., Philadelphia.

This is a pamphlet written by Dr. H. Maxwell of England. He gives it as the result of 50 years' investigation and experience that cancer is chiefly caused by eating too much meat and especially pork.

Cold Dishes for Hot Weather.—Ysaguirre & Marca. New York: Harper & Bros., 1896.

This is a timely book for summer use. Although much space is given to the preparation of flesh, many of the recipes for vegetables, salads, creams, cakes, puddings &c. will be found very serviceable to our readers. We will give sample recipes in our HOME DEPARTMENT next issue.

A New Departure in Cooking.—Economical Recipes.—5 cts.

This is an elegant little Cookery published to give instruction in the use of Diamond Butter Oil. A few of the receipts relate to oysters and fish and steaks, but nearly all give directions for cooking vegetables, pastry, cakes, etc. by the use of the Butter Oil, excluding the use of slaughter house and dairy products.

The Herald of the Golden Age: official organ of the Order of the Golden Age. Monthly 75 cts. a year.

This is a most excellent publication devoted to the highest aspects of the Vegetarian Question. The most advanced of the Vegetarian publications of England. The Order of the Golden Age is a new organization "to promote the doing of God's will on earth, in all things both physical and spiritual and to advocate a bloodless and natural diet." The new Order with headquarters at 15 St. James' Road, Exeter, England, also publishes

Tracts entitled: "Is Flesh Eating a Violation of Apostolic Teaching?" "A Cause of the Failure of Christian Missions in the East": "The Coming Revolution in Diet." These can be supplied in this country at 5 cts. each by mail. They are very neat and useful as introductory Tracts on Vegetarian living. We wish this new Order abundant success.

THE NEW SERIES F., H. AND G.

I was glad to receive May F. H. & G. I think the paper looks better in its new form.—Albert H. Snyder, Pres. of the Chicago Vegetarian Society, Central.

I was very glad to receive the first number of the new series of F., H. & G.

"He who renovates the people reaches the border of extreme virtue."—*Confucious*.

May your valuable paper long survive and do good service for humanity.—Ernest Ebel, Denver, Col.

I am pleased to welcome FOOD HOME & GARDEN once more.—Jane D. Churchill, 283 Highland Ave., Somerville, Mass.

My friends at Springfield each received the May number and were well pleased. I trust they will now be continued.—J. R. Jackson, 1210 G St., N. W. Washington, D. C.

I am very glad to see again our dear Food HOME GARDEN. I never thought it was to cease to exist altogether. The feeble child will grow to be a strong man yet. It is pleasant for me to see the Vegetarian cause and the Peace cause go hand in hand as they are naturally twin sisters. Wishing to you and your noble purposes all blessings from heaven above.—Fr. Louis Paroli, New Orleans, La.

I have just received F. H. & G. and am so delighted with its reappearance that I must at once write you my congratulations I am so glad! so glad!! And I pray that blessings and prosperity may attend it in an ever increasing degree, and that our faithful friend the editor may have the Heavenly Father ever close to him supporting him with peace, plenty, prosperity.—Carrie Le Favre, P. O., Box 999, Chicago, Ill.

We want a few Faradays, Watts, Stephensons and Cobdens to devote their genius and industry to the great food question.—Merrie England.



Apple Blossom Society



MARGERY

they frequently are obliged to do in traveling about, refuse to touch fleshmeat, not because it is forbidden them, but because they have been led to see that they are better off without it. They drink neither tea or coffee. They are both perfect "pictures of health". Contrary to common belief their work is not tiresome and they thoroughly enjoy it. Their home is in one of Chicago's suburbs. At present they are having a taste of Canadian summer.

A RECITATION FOR OUR APPLE BLOSSOMS.

No flocks that range the valley free
To slaughter I condemn:
Taught by that power that pities me
I learn to pity them.

But from the mountain's grassy side
A *guiltless* feast I bring:
A scrip with herbs and fruits supplied,
And water from the spring.

Then pilgrim turn. Thy cares forgo
All earthborn cares are wrong:
Man wants but little here below
Nor wants that little long.—*Goldsmith.*

The above is from Goldsmith's "Hermit" which contains a beautiful little Romance: A young man rejected by his sweetheart became despondent and retired to a cave in the country concluding to live a hermit's life. The girl who had rejected him repented and assuming male attire wandered away and at last found the hermit who did not recognize her but supposed her to be a young man like himself rejected and forlorn. He invited his unknown to share his humble hospitality reciting the above as an explanation of his simple fare.

After a while recognition took place and his guest

Stands confessed a maid in all her charms.

The mutual explanation which followed proved them both true to each other.



ENOLA



Colonizing New Mexico.

This is a splendid country for grapes, and the sale is increasing each year. Also pears, apples, apricots and peaches. Alfalfa is the great crop here. It brings \$15 a ton. It can be grown on the ground until the fruit trees come into bearing. It yields four crops every summer if irrigated. Personally, I would like to see a vegetarian colony here.

But, oh, the climate is so beautiful! One thinks of the song of the Irish emigrant: "The sun shines always there." The winters are never cold (below freezing). The nights are cool, but the day gets warm towards noon.

We live out-doors a great deal and never need more than a blanket shawl and no head covering, unless we go away from home.

The summers are never hot nor debilitating like they are in the North. The thermometer is high in the sunshine, and often 100 degrees in the shade, but there is always a breeze. The altitude is high and the atmosphere very pure. Sun-stroke is unknown here.

The adobe houses are very cool. The nights are always cool, and if one cares for a cool room all day it can be secured by shutting it up before the air outside gets warm.

There are plenty of mocking birds, larks and other pretty birds. Quail in abundance, and so pretty; much prettier than those in the North.

Wild flowers and beautiful cacti. Mine are all in flower now (May 22). I would like to send you some.—Mrs. Frances N. Howland, Shalam, Dona Ana county, N. M.

** Dr. J. M. Peebles has recently removed to San Diego from San Antonio, Tex. He is an old acquaintance of mine.—Mrs. C. A. Paul, M. D., Los Angeles, Cal., Dr. Peebles is a noted vegetarian of long standing, but has not yet connected himself with the V. S. A.

Written for FOOD, HOME & GARDEN.

VEGETARIANISM IN ENGLAND.

BY JOSIAH OLDFIELD, M. A., B. C. L. (OXON.)

The world in which we are working, in the age in which we are privileged to live, is beginning to long for Vegetarianism.

Wherever I go, to town or city, forest, field or wilderness, I find the impress that the work of the last fifty years of patient plodding has produced.

Difference is giving way to trust; opposition is being replaced by sympathy; ridicule is dying and cordial co-operation is rising in its ashes!

Government is beginning to awaken to the need for stringently regulating the importation of diseased cattle and the sale of diseased meat.

The cruelties of cattle-ships have been exposed and have startled the world.

The rights of animals are being recognized by antivivisection and anti-cruelty societies, and the Church Catholic is beginning to voice the cry of the prophets of the past for the millennium wherein they shall not hurt nor destroy and wherein the evolutionary progress of the fittest shall have its complete fulfilment. Evolution, in which it is manifest that the carnivora must adapt himself to his environment or become extinct or to paraphrase the words of the prophet the lion shall eat straw like the ox, or the place of lions will become extinct.

Your readers will like to hear of the opening of a Vegetarian Hospital in England. I enclose you a short account of it from the pages of the *Vegetarian Messenger*, and would add that I shall gladly welcome visitors from across the ocean who may be visiting England and who would like to see the special work that is being done in this pioneer Hospital of the old country.

THE VEGETARIAN HOSPITAL.

From the article referred to by Mr. Oldfield, published in the *Vegetarian Messenger*, we learn that the treatment is almost wholly dietetic aided by massage and hydropathy. That medicines can be had when prescribed by the visiting physician but have to be paid for as extras, not being in the regular practice of the hospital. That Prof Mayor has visited the hospital and preached in the chapel. That he wrote in the visitors book: "Glad to have seen a hospital where the physician's aim is to make himself unnecessary by teaching the laws of health." That an endowment providing for the purpose of treating a particular class of patients for three years, free of charge, has been provided by the President, Mr. A. F. Hills, but the aim is to make the institution self-supporting. That the prospects of success are of the brightest character. That over 120 patients have already been treated.

HOME DEPARTMENT.



TO BECOME BEAUTIFUL.

Eat fruit for breakfast. Eat fruit for luncheon. Avoid pastry. Shun muffins and crumpets and buttered toast. Eat whole-meal bread. Decline potatoes if they are served more than once a day. Do not drink tea or coffee. Walk four miles every day. Take a bath every day. Wash the face every night in warm water. Sleep eight hours a night.—*London Answers.*

A WAITER GIRL'S WIT.

A pretty waiter girl, a Vegetarian, engaged in waiting on gentlemen in a first class restaurant, was questioned by one of the guests as to her name which she reluctantly admitted was "Pearl".

"Ah," said her interrogator, "the Pearl of Great Price I presume."

"I am afraid not" she said modestly: "If you were to see how gentlemen eat here you would rather conclude I was the Pearl that was cast before swine."

RESULT OF A MEAT DIET.

Mrs. Hart, who has covered the globe with her notebook, declares the English people to be the most garrulous and quarrelsome of any she has encountered. She says there is more bickering and distemper in the Englishman's family and more homes are made unhappy by domestic squabbles than in any of the other nations she has visited. This condition she attributes chiefly to the Anglo-Saxon's fondness of a meat diet. She says the great flesh-eating people are notably ill-tempered. We are only animals, and the sequence of meat and fits, as demonstrated in the animal kingdom has a significance in relation to the human animal. Mrs. Hart has studied the gentle Japanese, the mild Mongolian, and other light-living races, which research confirms her ideas.—*Exchange.*

MENU FOR A JUNE DAY.

BREAKFAST.

Sliced Pineapple.
Lettuce with Mayonnaise Dressing.
Graham Bread.

Flannel Cakes. Cocoa. Milk. Maple Syrup.

DINNER.

Table Decoration—Jack roses and asparagus fern.
Tomato Cream Soup.
Asparagus. New Beets. New Potatoes.
Mint Sauce.

Graham Bread. Olives. White Bread.

Bran Coffee.
Strawberries with Cream.

SUPPER.

Sliced Tomatoes. Cucumbers.
Celery Sandwiches. Potato Salad.

Whole-wheat Gems.
Waterthins.

Frozen Cherries. Russian Tea. Jumbles.

RECIPES.

CELERY SANDWICHES.

Chop one-fourth of a cup of celery fine. Mix with one hard-boiled egg pressed through a sieve, and sufficient mayonnaise dressing to moisten properly.—*Table Talk.*

QUICK FLANNEL CAKES.

One pint of milk, one ounce of butter, one-half teaspoonful salt, one teaspoonful baking powder, two eggs, three-quarters pint milk. Rub butter into the flour and baking powder and add a little salt. Beat the yolks of the eggs and add to the milk; then add flour and beat very hard, lastly beaten whites of eggs, and bake on hot griddle.

WHOLE-WHEAT GEMS.

Mix two cups of whole-wheat flour with one teaspoonful of salt and two teaspoonfuls of sugar. Beat the yolks of two eggs light, add one cup of milk, beating all the while. Add the milk and eggs to the flour, beat until smooth, and add one cup of luke-warm water. When well beaten, add the whites beaten to a stiff dry froth; mix quickly; turn into hot greased pans and bake in a hot oven for twenty-five minutes.



MINT SAUCE.

Mix one tablespoonful of sugar with three of vinegar and heat until dissolved, but do not allow it to boil. Add a saltspoonful of salt, and a dash of black pepper. Chop some mint very fine and stir into the mixture.

FRENCH DRESSING.

Put one-half of a teaspoonful of salt and half as much pepper in a bowl. Dissolve the salt by stirring in three tablespoonfuls of olive oil. Gradually stir in one tablespoonful of vinegar. Be sure the vinegar and oil are thoroughly mixed and serve immediately.

POTATO SALAD.

Chop freshly boiled warm potatoes, quite fine. Cover with the French dressing and set aside for fully an hour. Then add a tablespoonful of chopped parsley for every two potatoes, and one lettuce leaf finely shredded. Mix well and again cover with dressing. Serve immediately on leaves of curly lettuce.

JUMBLES.

One pound of sugar, three-fourths of a pound of flour, one pound of butter, seven eggs, one teaspoonful of baking powder. Flavor with nutmeg. Cream the butter and sugar and add the eggs; then the flour, nutmeg and baking powder. Form in small cakes with the hand and bake in a moderate oven.

FROZEN CHERRIES.

Make a syrup of two cups of sugar and one quart of water. Boil ten minutes. Take from the fire and add one quart can of preserved cherries; let stand until cool. Then freeze same as water ice. Frozen strawberries are made this way with the addition of the juice of a lemon. For frozen pineapple the juice of two oranges should be added.

MAYONNAISE DRESSING.

Chill the plate, eggs, oil and even fork. Put the yolks of two eggs in a soup plate. Add one-half teaspoonful of salt and stir with a silver fork until the yolks are well mixed; add the oil, drop by drop at first, then add faster, always stirring. When finished it should be thick and smooth. Season with salt and red pepper, and lemon juice if necessary.

TOMATO CREAM SOUP.

Put one pint of tomatoes on to stew. Put one quart of milk in a double boiler with a bay leaf, a little parsley, also a small quantity of mace. Rub together one tablespoonful of butter and two of flour. Add to the milk when boiling and stir until it thickens. Add a quarter of a teaspoonful of soda to the tomatoes and then add the boiling milk. Add one teaspoonful of sugar and serve immediately without reheating to prevent curdling.

The Virtues of Asparagus.

The newspapers of this country are advocating vegetarianism piecemeal. They publish separate articles on the virtues of various products of the vegetable kingdom. In a long article from the New York "Recorder" we are informed that asparagus is the "queen of vegetables." "That it is almost too dainty to be classed as a vegetable with turnips, carrots and potatoes." That in the time of Queen Elizabeth it was "garden sperage," with its "soft and tender shoots." That the "asparagus of the present day is a great improvement upon that which graced the table of the Virgin Queen." "That the healthfulness of asparagus has long been established." That Liebig or some other scientist maintains that the "alkaloid in asparagus develops form in the human brain, so that if you give an artistic child enough asparagus he will develop into a Raffaele." But the directions given show that the writer has little conception of the exquisite flavor and real virtue of asparagus when pure and unmixed with animal flesh, and "stock," for his recipes would destroy this by his horrid mixture of the slaughter house products or the disgusting odors of the fish stalls. When will it be understood that each vegetable and fruit has its own delicious flavor and virtue, which no addition from animal bodies can possibly improve? Not till the animal abominations are abandoned and the vegetable products are taken in all their delicate purity can the real virtue of vegetables be discovered.

****I have given up meat eating, as I cannot conscientiously eat meat when I feel as I do about the killing of animals. I think I am learning patience to a slight degree with the existing order of things, but it does not keep me in the least from doing all in my power to help bring around a better order.—Hattie E. Meloy, Caldwell, Kan.**



THE GARDEN

VEGETABLES AND FRUITS.

Celery is invaluable as a food to those suffering from any form of rheumatism, for diseases of the nerves, and nervous dyspepsia.

Watercress is a remedy for scurvy.

Peanuts for indigestion. They are especially recommended for corpulent diabetes. Peanuts are made into a wholesome and nutritious soup, are browned and used as coffee, are eaten as a relish simply baked, or are prepared and served as salted almonds.

Onions are almost the best nerve known, says the housekeeper. No medicine is so useful in cases of nervous prostration, and there is nothing else that will so quickly relieve and tone up a worn-out system. Onions are useful in all cases of coughs, colds and influenza; in consumption, insomnia, hydrophobia, scurvy, gravel, and kindred liver complaints. Eaten every other day they soon have a clearing and whitening effect on the complexion.

Spinach is useful to those with gravel.

Asparagus is used to induce perspiration.

Carrots for sufferers from asthma;

Turnips for nervous disorders and for scurvy.

Honey is wholesome, strengthening, cleansing, healing, and nourishing.

Fresh ripe fruits are excellent for purifying the blood and toning up the system. As specific remedies oranges are aperient. Sour oranges are highly recommended for rheumatism.

Cranberries for erysipeles are used externally as well as internally.

Lemons for feverish thirst in sickness, for biliousness, low fevers, rheumatism, coughs, colds, liver complaint, etc.

Blackberries as a tonic. Useful in all forms of diarrhea.

Tomatoes are a powerful aperient for the liver, a sovereign remedy for dyspepsia and indigestion. Tomatoes are invaluable in all conditions of the system in which the use of calomel is indicated.

Figs are aperient and wholesome. They are said to be valuable as food for those suffering from cancer. They are used externally as well as internally.

Apples are useful in nervous dyspepsia; they are nutritious, medicinal and vitalizing; they aid digestion, clear the voice, correct the acidity of the stomach, and are valuable in rheumatism, insomnia and liver troubles. An apple contains as much nutriment as a potato in a pleasanter and more wholesome form.—*Commoner and Glassworker, Pittsburgh, Pa.*

ANIMAL MANURE & POTATO SCAB.

Considering the fact that potatoes are subject to scab it is better to use fertilizers than manure. While manure will give good results on all crops, yet it will be just as serviceable on corn as on potatoes, the latter crop being much less liable to disease than corn.—*Green's Fruit Grower.*

Our position that the insect and other diseases of vegetables are caused by the use of animal manures is being admitted by horticultural writers. The fact is animal manures are generally too stimulating and produce an abnormal growth unfavorable to health and vigor in the plant, which is in consequence weakened and rendered subject to the attacks of insects and diseases produced by them. Mineral and vegetable fertilizers are mild in their effect and while they supply proper nourishment do not produce disease or encourage insects.

Everything in our city garden is growing vigorously and without insect pests. Our fertilizers are principally coal ashes with the spent grounds of bran coffee & charred refuse.



FRANK E. ORMSBY.

FRANK E. ORMSBY.

THE subject of our sketch of whom we publish a portrait, was born at Lowville N. Y., February 10th, 1875, and was reared and fed in the usual way, upon the farm until about fourteen years of age. Since which time he has been actively engaged in business. At twenty he owned and conducted a manufacturing business employing thirty-five hands, with several men on the road, built up by himself alone. Some ten years ago, never having been strong and really well in his life up to that time, he naturally studied the laws of health more than anything else. It dawned upon him one day that meat the result of killing, must have a deleterious effect when incorporated into the system. He analyzed the thought and viewed the subject from every stand-point he could conceive of and decided at last that he was right. He had never read anything upon the subject then, but firmly decided whatever would be the result he was through with it. It was not long before he realized the effects of the change, he was gradually transformed into a new being and a knowledge of things of laws and processes in nature, seemed to open up as he himself expressed it, "a new heaven and a new earth, for I found it possible to dwell in health, peace and harmony here and now. My life has been one round of pleasure ever since. I do six times the amount of work that I ever did without an ache or pain. My brain is as clear as a bell, which is a wonderful change from the congested brain and fevered scalp which ruined my hair and made me bald at 21: all the result of a regenerated reconstructed and repolarized condition of my organism through abstinence from the death dealing depolarized carcasses of dead animals."

He is now editing *Planets and People* a

monthly magazine and has plans about completed for a unique and peculiar educational institution, which will be a college devoted to the universal principles in nature and the relation of all things thereto according to the science of magnetics. The cost of the college is to be two-hundred thousand dollars. It will be located in Chicago or vicinity and the subject of food and diet; of the laws of life generally, will be a feature of the work, it is designed to carry on and will be taught there.

Mr. Ormsby is in the prime of his life and full of energy. He is intelligent, vigorous and original. Has a good degree of confidence in his ability to accomplish what he undertakes. A very important element of success. He is now an excellent example of the principles he advocates and seems likely to have a life of great activity and usefulness before him in a sphere of his own creation.

MISS CAROLINE KOFEL'S PAPER.

Miss Caroline Kofel of the Zurich, Switzerland Homegarten Colony, read a paper before the Chicago V. Society upon "Who is a Vegetarian." She defined the different classes who might and might not be thus properly classed. She disapproved of persons who were tempted to partake of oysters, fish and fowl calling themselves Vegetarians. She did not however have any criticism to make upon such Vegetarians as partook of animal products: milk, butter, eggs and cheese as such food required no sacrifice of sentient life. She made plain many important points along this line.

A letter was read from Countess Wachmeister who will pass through Chicago next fall on her way from California to Europe saying that she would be pleased to address the Society at that time.—F. E. Green.



FOOD AND INTemperance.

At a meeting of the West Side Vegetarian Society in April, Dr. Craig by request read the paper on Diet and its Relation to Intemperance which he read in the parlors of the Great Northern Hotel in February, from which the *News Herald* gives the following quotations.

"Everything that is taken into or generated within the system that is chemically or physiologically incompatible with the structures or functions produces increased activity for a longer or shorter period, which is known as stimulation.

The activity induced by stimulants is for the purpose of their expulsion, and as they furnish no power of themselves, that which is used for their removal is at the expense of the organisms: therefore exhaustion follows in direct proportion to the degree of such effort.

Repetition of stimulation decreases the sensibilities of the organism to the presence of that particular stimulant, so that a constantly increasing amount is needed to produce the effect.

The flesh of all animals contains material that has been partially consumed, and more that has been wholly so, and is therefore poisonous. When the amount of worn out material is increased in the human body by adding to it, in the food, that of other animal stimulation is produced, and in addition an increase of water is needed to remove it from the system.

The limit of stimulation by flesh as food is soon reached, because the capacity of the tissues to digest and assimilate the nutriment contained in it is limited; therefore something else is required that will at the same time stimulate and supply the increase of water needed for elimination, and these properties are found in alcoholic beverages.

It is not claimed that all who use the flesh of animals for food will necessarily become addicted to the use of alcoholic liquors, or that their desires are in that direction, for in civilized societies there is much to modify or to entirely neutralize this natural trend. In the first place there are probably none that more than approximate to an exclusive meat diet,

and there are moral and social influences that play a large part in preventing such indulgences, but at the same time the almost universal use of pepper and spices in food, to say nothing of other tonics which have such an enormous sale in drug stores and department wholesale houses, proves the desire is by no means dead or even languishing.

If temperance workers wish to eradicate intemperance from the world they must go back of legislative enactment and take even more radical measures in educating children than they are now doing. Very much can be accomplished in the school, but they should go into the home and advocate a pure diet and teach parents to allow their children to eat only vegetables, grains and fruit, and to banish from their tables peppers and all other stimulating spices and drinks; thus cultivating in them a natural, healthy appetite, and it will always be found in this, as in morals and religion, that the impressions made in early life are the most permanent. The first ten years of a child's education is the most potent of all for good or evil and with most persons shapes the character and habits for all time."—*News-Herald*.

A REFINED TASTE.

"Culture?" repeated the cannibal, something scornfully. "Have we any culture? Why, I tell you we're getting so cultured we won't like to have anything on our tables but French missionary. Cultivated. Well, rather."

The wind at the moment managed to execute a faint sigh in the top of a cocoa palm not far away.—*Detroit Tribune*.

COMMON SENSE IN REGARD TO FOOD.

"And now let us see how you live. First of all, in the matter of food. Your diet is not a good one, it is not varied enough, and nearly all the things you eat and drink are adulterated. I am much inclined to think that a *vegetarian* is the best, and I am sure that alcoholic liquors are unnecessary."—*Merrie England*.

You may cruelly boil a lobster, but he gets in his revenge on you in the shape of a salad nightmare.—*Puck*.



THE SUFFERING FLESH EATERS CAUSE.

Let us grasp the fact that every day in Christian England, 2,800 cattle, 20,000 sheep, and 5,000 pigs are put to death, or collectively more than 1,000 an hour. The total for the year 1888 was estimated by statisticians at 1,000,000 cattle, 7,000,000 sheep, and 2,000,000 pigs. In Chicago, at one establishment alone, some 8,000 animals are butchered every day, nearly 9,000 men being employed in this daily work of slaughter. Let us consider the suffering each animal endures, then multiply that amount of pain by these overwhelming figures, remembering that all this slaughter is totally unnecessary, and try and realize our responsibility before God in this matter. We must either join in the practical protest against such doing, which is being made in this and other countries, or go on aiding and abetting these massacres of our fellow creatures. The evil can only be stopped by men and women individually resolving to wash their hands from further participation in such deeds.—*The Herald of the Golden Age*.

THE CRUELITIES OF THE SLAUGHTER HOUSE.

A butcher wrote thus to the *Staffordshire Daily Sentinel*: "The first lesson a butcher's apprentice generally receives is how to torture the animals which are to be slaughtered, and he is allowed to use the ax before well able to lift it, to the indescribable agony of the poor beasts. This I have seen occur daily where a large amount of work has to be done. I have seen slaughtermen make bets as to which would first have five or ten sheep killed, skinned and dressed, and you may depend upon it they were not particular about their being dead before skinning them."

INHUMAN METHODS.

In Chicago, where the slaughter of millions of animals has been reduced almost to a mechanical process (a rapid despatch of the work of killing, skinning and dressing being considered of the first importance) it will be easily understood that deeds are perpetrated which could hardly be revealed to the public. The law

which punishes such treatment of animals under ordinary circumstances winks at these doings, on the erroneous supposition that slaughter for food is necessary, and if a wretched beast is only going to be eaten, it is delivered up to any torture which may be inflicted by inexperienced boys or men in their efforts to kill it.—*The Golden Age*.

FOOD REFORM DEPARTMENT W. C. T. U.

The action of the leaders of the World's W. C. T. U. in establishing a food reform department is a fact of greater significance than many persons at present realize, for it means that they recognize in 'the time-honored but barbarous custom of flesh-eating, one of the most fruitful causes of the poverty, disease, misery and degradation which afflict mankind, and are pledged to aid in the great work of leading the Christian nations to abandon it. As their convictions upon this question come to be embraced also by the thousands of noble hearted members of the union, who are striving to lessen the sum of the world's suffering and to increase its happiness, a great and powerful host will be raised up of women who are pledged abstainers from flesh and blood for the sake of humanitarian and benevolent principles. The ultimate result of their influence upon the future of mankind and the animal creation may possibly be such that the prospect of it is calculated to gladden the hearts of all who look with sadness upon a world groaning in pain and sorrow, for verily this ancient habit, handed down to us by a savage ancestry, and involving wholesale and cruel massacres every day of vast multitudes of God's sentient creatures, may be fitly described as one of the roots of all evil, and one of the curses of Christendom.—*The Golden Age*.

VEGETARIAN PIC-NICS.

Vegetarian Pic-nics have been taking place in Chicago and New York, and we trust Philadelphia will have at least one such pic-nic. Those friends who have suitable places for pic-nics will please communicate with Miss Emma Bettes, Secy., of the Philadelphia Vegetarian Society, College Settlement Coffee House 7th & Lombard Sts.



OYSTERS.

One of the lovely graduates of the Philadelphia Normal School this June, assured me that having dissected an oyster at the dissecting or vivisection rooms of the N. S. she could never think of eating another oyster.

Seeing "oysters on ice" as a principal dish at a notable reception of a great peace man, we were explaining to a friend, whose chief affliction is the gout, the composition of the oyster, its larger proportion being of viscera and excrement. He begged I would not tell him more as it would spoil his appetite, for it was the only animal food of which the doctor allowed him to partake.

The use of the oyster is that of a scavenger. It consumes the filth received from the city sewers as it flows over oyster beds that settles at the bottom. The oyster is considered a rich delicacy and is even recommended to invalids on account of its digestibility. There are certain months, those that do not contain an R in their names when oysters have to be forbidden on account of their poisonous nature, especially during hot weather as their tendency is to rapid decomposition and decay.

The odor of an oyster saloon where the poor little but useful scavenger is vivisectioned and swallowed, is one of the most offensive that greets the nostrils of Vegetarians, and is scarcely excelled by that of the slaughterhouse, where oxen, sheep and hogs are vivisectioned and skinned, in many places, while nervously twitching with life and painful feeling.

Yet the oyster is usually the last thing that even a refined lady will give up even though an anti-vivisectionist and devoted to the promotion of kindness to animals, so strong an influence has fashion even upon very sensible and morally sensitive people.

But the truth is making its way and the most fashionable dissipations and indulgences must eventually give way to scientific investigation and moral and spiritual conviction.

We are opposed to vivisection on principle, but its practice in the schools will do some good if the scholar possess ordinary intelligence and discrimination. But dissection would probably do as well.

SCIENCE AND SCRIPTURE.

From the Nature of Disease by Dr. Spendlove.

It is a matter of surprise to those who have given the subject more than a passing thought, that the practice of eating lifeless, decomposing animal flesh, should continue, as it chiefly does, among the Christian nations of the earth in this enlightened age—a practice condemned alike by most *heathen* nations, the teachings of Science and the commands of the Holy Scriptures. The reason for the continued use of animal flesh as food among Christian people seems to be a belief, almost universal, that the Bible sanctions its use. Nothing could be further from its plain teachings. *Permission* was given the Israelites, under certain restrictions, to disobey a *moral* law and divorce their wives—Deut. xxiv. 1; we presume it was for the same reason, on account of the hardness of their hearts (Matt. xix. 8), that permission was given to disobey a *physical* law and eat flesh food—Gen. ix. 3. That disobedience of a *moral* law is followed by adequate punishment we have every reason to *believe*. That punishment follows disobedience of a *physical* law we know. In this case it followed immediately. At the same time that permission was given man to become carnivorous, the same permission was given animals: Gen. ix. 5. Neither man nor animals were carnivorous in the beginning: Gen. i. 29, 30. Neither will they be in the end: Isaiah xi. 6, 7, 8, 9.

I firmly believe Vegetarianism tends to purity of heart, without which none shall see God.—Dr. Geo. B. Charles, Editor of the Christian Metaphysician, Chicago.

Two of our family are vegetarians. I have been for a year. I will do all I can to circulate the literature. We are vegetarians from principle.—Isabel Aymar Drake, 68 S. Parsons Ave., Flushing, L. I., N. Y.

My wife and I are realizing that much meat and especially hog meat is injurious. We have only used a little since the new year began. I am quitting it as well as tea and coffee.—John W. Hardy, Chico, Texas.



SOUTHERN PINES FOR CONSUMPTIVES.

Four years ago a young lady and her uncle came here from New York. They were the only survivors of a large family, who had died of consumption. She appeared to be going like the rest. She kept walking out among the pines until she could walk a mile and a half with ease. When she went home, in July, she was looking the picture of health and beauty. In the winter she came again and got better; but instead of remaining here she went to the mountains and to the springs, and joined in all the gaieties of society. This kind of life was too much for her, and she went home and died. The physicians say if she had remained quietly at Southern Pines she would have outgrown her consumptive tendencies. She was up nights when she should have been in bed. Such persons should make up their minds to remain in the Southern Pine climate.

"My brother's wife was consumptive," said the Doctor, "but she has completely recovered and has spent two winters in Massachusetts since. Since coming here she has been as well as she ever was."

"I trust a large number of the persons whose names I have sent you will be converted to vegetarianism through F., H. and G. I know of several who have come out by receiving a few copies of it. I have three families here or near here almost ready to come out clear. They are leaving off gradually and are thinking seriously.—Mrs. Lydia Irons, Marshall, Wash.

"After reading your last F., H. and G. I have made up my mind to be a practical vegetarian, and as I am a traveling man it makes it a little more difficult for me to get just what I ought to have for food, more so than it would be if I remained at my home in New England.—W. H. Winchester, 511 Market street, Camden, N. J.

FOOD: NATURAL AND SPIRITUAL.

BY PROF. P. A. EMERY.

Taking Paul's declaration of a spiritual form, within the natural form of the physical man, and carry this out as to other objects we find that there is a spiritual apple within the natural apple! And as of this fruit, so of all other fruits, and also of all vegetables and even of water! Here is the whole thing in a nut-shell as to "spiritual food," its form, nature and where found! Found upon real trees, there as here! Solid fruit at that.

As the physical digestive organs select and build up and sustain the physical body from the material food in the stomach, so does the spiritual stomach of the spiritual body in the physical body extract the spiritual substance in the material food and build up and sustain the spiritual body within! A further proof of this lies in the fact that "matter has no life in and of itself", and therefore the materials of the matter food has no life and thus no strength in them, and that our health, life and strength depends upon & is derived from the health, strength &c. of our spiritual body and this in turn gathers its subsistence &c. from the spiritual food that is in the material food!

If, all this be so, do you not see how careful we should be of "the food we eat, the water we drink & the air we breath"? And what a charmed life we could have at our tables and the effects of the same? And while thus preparing our earthly meals & enjoying the same be conscious (?) of a spiritual world existence and enjoyment! And also have some fine ideas of the world we are travelling towards, and not land there in stupid ignorance.

"Dine a man, wine a man, and he is your servant." Why? Because his spirit is enlivened up by the "spirits" in the wine and food and he feels at peace with the world. "Starve a man and you make a devil of him!" Why? Because his spirit is ebbing out of him; and he becomes unconscious of any moral law and still less of civil law and lo! the result in bread riots, thievery &c.

"Wait till a man gets a good dinner and you can preach the Gospel to him." "You might just as well preach to the devil as to a hungry man." In all this we see that food is a great factor, in fact the prime factor. Therefore, if we wish to reform the world, the best place to begin is in the kitchen, not only as to the materials but as to the spiritual substance in the matter materials. Tell the cook to "beware" as there is something within the food that she must not kill or the food may stupify, or sicken or may kill the eater!

AIR NUTRITION.

I am a believer in the practice of "Vegetarianity" for health's sake and from practical experience of its benefits. Pneumatic nutrition is no longer a theory in my mind but a practical fact. Why did Magendie's dogs die when fed on white bread and thrive on whole wheat bread? Answer, not because of insufficient nutrition but on account of being fed with a substance, which had been robbed of that element designed by nature to assist and stimulate the excretory organs in the performance of their duties. These dogs, fed on fine flour, probably died of constipation.—J. D. Lawrence, 207 N. 6th St., Richmond, Va.



VEGETARIANISM FROM THE STAND- POINT OF LIFE PRINCIPLES.

An address before the Chicago branch of the Vegetarian Society of America, April 21, '95.

BY FRANK E. ORMSBY.

As a reform movement, that of vegetarianism must in the near future produce the most far reaching and beneficial result in the lives of human beings possible to be accomplished, for what we eat has a more direct influence upon our lives than all other things combined. The temperance movement will never be successful until it is conducted on strictly vegetarian principles. We often hear it said that "if our thoughts are right, if we have right desires, motives and feelings when we are eating, we get good out of our food and it does not matter what the food is, whether animal or vegetable." Such reasoning is the result of the erroneous idea that thoughts are first, and are all potent and powerful when directed toward the good, hence control the system and all things therein. I do not mean that it is not a good thing to have and to cultivate good thoughts, but I do mean to say that we can have better thoughts, higher motives, and be able to live purer lives, if we do not take into our systems animal foods.

My reasons and rules for not using animal food are :

First.—Take nothing into the system that nature, or God, does not yield to the hand of man without resistance.

Second.—Take no food into the system that does not contain life, potential principle, life elements in the course of constructive expression. This simply means that when you take food, take life; at the same time, take that which Nature gives abundantly and freely, under the creative processes of cultivation.

I do not abstain from animal food simply because it is animal, but because it is a dead depotentialized substance, destructive and disintegrating in its nature. Its polarity, so to speak, has been reversed, and it no longer contains that element or principle we term life. Because man has the power to control and subjugate all other forms of life, is no reason why he should attempt

to incorporate within his physical body all other products both animal and vegetable. On the contrary, he should so operate in this great Arcana of Nature that he will be able to increase his powers from day to day, both physically and mentally, but more especially the latter. There is but one way for man to do this, and that is by taking life—joining other life to his own, incorporating potential constructive and creative principle into his being and transmuting that principle until it emanates or is given its freedom again upon the highest plane of intellect and reason. It is the expression of these life principles, through the avenue of the brain that determines the status of man.

Eggs enter largely into most of what are called fancy mixtures, and while eggs are live food naturally, they are destroyed when so amalgamated with other substances. Fine flour is a divided and reduced article of diet, without which these deleterious mixtures would almost be impossible.

We sometimes read of Oriental people who live principally upon black bread and dates and who will exchange other food for this, preferring it. The black bread is simply wheat or rye bread made from the entire kernel, without leaven, and if you have never made a meal from such a combination, you have missed a treat. This is live food, especially the dates, and the bread is at its best, although the grain itself would give greater potency to the life forces of human beings, for it would then be taken with its full life principle freed within the system.

Every animal creature on the earth will fight for its life, the same as man will, therefore, will resist man's attack upon it when he ventures to secure food from the animal kingdom. If it is because the animal is highly organized that we select it for food, it seems to me that *man* would be still better and that the Fiji Islanders are getting ahead of us and we ought to keep our missionaries at home and eat them ourselves.

With the vegetable kingdom, it is different. The tree or stalk springs up from the seed, flourishes and increases, ripens and culminates



and sheds its fruitage freely to the hand of man. The most tender-hearted and sensitive child can gather the same without a thought of fear or danger, in fact, it is the greatest of pleasures to harvest the crop and secure the necessary food to meet the needs of the system. Send a sensitive child out to kill a chicken, and how is it? Send a child out to kill a lamb that it has petted and played with through its young life, and how will it take to the operation? We can decide this question of diet very scientifically by the manner in which a sensitive person approaches the various forms of life for the purpose of securing food, such a one will not select food that nature does not yield to the hand of man without resistance.

Take no food into the system that does not contain potent life or latent energy. In catching and killing the animal for food, man drives out the life principle—the soul force, if you please—and after draining the life-blood from the organism, rendering it inert, devitalizing it, in other words, casting a pall, a shadow, a depression over it, turning its course of action from the constructive and expressive to the negative, disintegrating, and destructive course, what can be expected from it when used as food but the intensifying of destructiveness, combativeness, sensuality, debauchery and vice, in the expressions of a people impregnated with it? It is the life principle of the substance taken that determines the result, not the material itself.

Consider for a moment the nature of wheat. Its latent energy, life and power is such that it is able to reproduce its kind and bring forth a fruitage in multitudinous quantity. It has creative power. One kernel brings forth many kernels, and if you take it into your systems alive, you add that much life force or potency to what you already have. In other words, you add or incorporate creative life principle into your being, while with the animal food you disintegrate and destroy your forces.

The great law of affinity controls the action of food upon the system, and if one has great mental power, it is not necessary to feed that function of being, but instead one should balance up the system by adding force and

strength to the weaker parts. It would be impossible to suggest a course of diet without first knowing the magnetic condition of the subject. It is this law of life that has led me into the consideration of diet from this standpoint. Although a vegetarian for about eight years, I have formulated my real scientific reasons since learning the nature of physical organism, magnetically. To illustrate what I mean by the nature of man and the affinity of foods for particular sections in man, suppose, for example, a person has a strong mind and a frail body. The mind would not need nourishment, but the body would have to be nursed and strengthened. The wheat we were speaking about is magnetically related to the brain of man, hence, would not be the best food for this subject. Potatoes, corn, nuts and dates would, however, supply strength to the body. Potatoes have the tendency to intensify assimilation and to scatter the potent principles of other foods, hence are among the very best of foods for man.

It is well understood among breeders of stock that they get more weight, more fat, and greater bulk, from corn than any other product. They have found by observation that it is a fact. The reason is corn is more bulky than any other product, to begin with, which is the first reason. Corn is fattening because its polar point is upon the body of its structure instead of the head, hence lodges the active expressive life principle upon the body or structure of the animal,—another reason. The third reason is because kernels of corn are more expansive when moistened than any other cereal. They will swell to greater size proportionally. You will see that all three of these principles contained in the expressions of the corn, tend to fatten the animal and increase the size and weight to a greater degree than would wheat, rye or oats, even though the latter were magnetically polarized, or had affinity for the same section of being that corn has.

An interesting discussion followed in which the fattening properties of potatoes was suggested by the chairman, but denied by Mr Ormsby.



Food, Home and Garden

PHILADELPHIA, JUNE, 1896.

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

Our good Anti-vivisection friends contribute exquisite little personal points which will find many responsive readers.

Our humane friends are specially invited to peruse the articles copied from the *Herald of the Golden Age* in this number.

Our *Dumb Animals* has made a strong point for Vegetarianism in admitting that intense suffering just before an animal dies makes its meat poisonous. Our scientists will we hope explain how it is.

"Vegetarianism from the Standpoint of Life principles" is an original view of Vegetarianism which will be read and studied with much interest. Mr. Ormsby is one of Chicago's live men and is more so for having discarded dead animals from his daily menu.

The *Milltillionaire* is a new book of the "Looking Backward," by Bellamy, order and is of strong Vegetarian tendencies. Our quotation from it will be read with interest. The conviction that a better time for even this world is coming in the near future is a growing one and the reforms are all pointing in that direction.

In looking over the M S S. report of the proceedings of the V. Congress it becomes quite evident that many of the best features of the Congress, the spontaneous remarks of speakers from various parts of the world have not appeared in print even in abstract. In fact the best is yet to come.

We have a nice sketch of Mr. Snyder, Chicago's President of the Central Vegetarian Society, written by one of his friends. We

are keeping it to accompany portraits of himself and bride. As they have not arrived in time for this number we must defer them until our next.

We offer our congratulations on behalf of the V. S. to Mr. & Mrs. Albert H. Snyder of Chicago understanding from invitation received that they were married June 11th. The invitation reads as follows:

Mr. G. W. Simons and Miss Elnora B. Simons request your presence at the marriage of their sister Gertrude, to Albert H. Snyder, on Thursday evening, June eleventh, 1896, at six o'clock. Virden, Illinois.

"LET US KILL SOMETHING."

Mrs. Carrica Le Favre writes "This is a good time to remember the remark of Prof. Swing when a friend, who was preparing to go out for a day's sports said: "It is a glorious day, Prof. Swing, too fine to stay in town." "Yes," replied the Professor, "all nature and its creatures are rejoicing, let us go out and kill something."

"WHY I AM A VEGETARIAN."

Mr. J. Howard Moore, who originated the Vegetarian University Club at Chicago, delivered an address on the above subject recently at the Philosophic Club, Englewood, Chicago. Dr. Viola H. Ludden reports that "the paper was broad and most excellent; full of scientific suggestion and humane thought. It was well received and some discussion followed." Mr. Moore has been persuaded to publish the paper in pamphlet form and it can now be had for 10 cts.

BATTLE CREEK FOOD & MEDICINE.

Our advertising pages show the enterprise of our Battle Creek friends in organizing companies to supply the public with wholesome food and modern medicine. The business which at first commenced in a small way, has been growing so that now even the Express companies give them special rates and facilities. There are many reasons why they succeed: 1—Good goods. 2—Reasonable prices. 3—Attractive and convenient size packages. 4—No animal fat. 5—Even in quality. 6—Mrs. Cleveland enhances her beauty by using their Health Foods.



ODORS IN STREET CARS.

Recently, while in Boston, I was very much annoyed while riding in electric cars by the atmosphere in the car: sometimes fish perfume or meats or an unhealthy odor of poorly ventilated apartments.—Fannie B. Ballou, North Attleboro, Mass.

There is nothing that we so distinctly remember that annoyed us so much, on our first visit to New England, over forty years ago, as the universal odor of fish. Even refined, educated and beautiful ladies had this fishy odor attached to them! The fish ball was then as popular as the foot ball is now. It is true there is a good deal of the same thing in Philadelphia and New York, but Boston used to excel all other cities in this peculiar perfume. We were in hopes that it had reformed of late years, but Mrs. Ballou indicates that it is still a noticeable feature in public conveyances.

SOWING THE SEED.

Miss I. A. Drake encloses \$1.00 for 4 copies monthly of F., H. & G. which she will endeavor to give to those "who are ripe for the harvest," but says "I do not find many in that condition." This is very true, but F., H. & G. is published not so much to *gather* the harvest as to sow the seed. We do not trouble ourselves so much about "what will the harvest be" but are content to be plowing the rough ground and sowing the seed and leave to God the increase. We hope all our friends will help us *sow the seed*. Some may fall by the way side and some on stony and some on weedy soil, but some will fall on good ground and bring forth 10, 50 & 100 fold. Do not wait till people are ripe for the harvest, good friends, but send us names even of those not likely to be influenced. We sometimes find the best appreciation among the least likely elements. We will, if our friends will help us, send a copy to every newspaper and magazine in the country. For every dollar sent us for this purpose we will send 4 copies a year. Also to all clergymen and school teachers. We need to print 50,000 copies for these purposes. Help friends help!

THE LIBRARY.

Figs or Pigs? Fruit or Brute? A Text Book of Vegetarian Philosophy.—James Madison Allen, Springfield, Mo.—15 cts.

A new and improved edition of this very excellent compilation of Vegetarian facts and arguments.

Basic Elements of a New System of Life, designed as a foundation of a Humane & Peaceful Civilization.—James M. Allen, Springfield, Mo.—25 cts.

This is a development of Mr. Allen's social system of ethics and spiritual philosophy giving the Constitution of the Co-operative Brotherhood.

The World's Advanced Thought.—Lucy A. Mallory, Portland, Oregon. 50c. a year.

This high toned and exceedingly interesting paper published by an earnest vegetarian and deep thinker has reached its tenth volume. It takes high spiritual ground in advance of the spiritualists generally and insists on a pure life as the only true spirituality.

Test Recipe Book.—Mrs. Henry Lumpkin Wilson, Atlanta, Georgia. 75 cts.

Mrs. Wilson is chairman of committee on Agriculture and Horticulture, Board of Women Managers, International Exposition, Atlanta, Ga. The book contains very choice recipes for various preparations of animals, vegetables and fruits and some good recipes for preparations, many of which are suitable for Vegetarians. We will give examples of the recipes useful for Vegetarians in our Home Department.

Disease: its Nature, Cause, Effects, Prevention and Cure.—F. M. R. Spendlove, M. D. Part I. The Nature of Disease. 10 cts.

This is the first of a series of tracts in which the cell theory of physiology and anatomy is made very clear to the reader by diagram of the magnified living cell and by explaining in simple language and illustrating the most difficult features of the cell theory and its relation to life, health and disease. The tides of the human body are also explained so as to throw light on the mysteries of life. The tract is the most scientific of all the treatises we have met with. It takes strong ground against taking into the body the decomposing substances derived from slaughtered beasts as a quotation form it elsewhere will show. It will be a valuable aid to the cause of pure living.



ALL FLESH MEAT POISONED.

Always kill a wounded bird or other animal as soon as you can. All suffering of any creature, just before it dies, poisons the meat.—*Our Dumb Animals.*

Then all meat is poisoned as no animal is slaughtered without intense suffering just before it dies. There may be cases where it is merciful to kill an animal and that is the only excuse for killing. The poisoning of the meat is a minor consideration as it is the poison in the meat that causes the flavor for which it is most highly esteemed and also its stimulating quality. Wash away all the poisonous quality of meat which is detained in its dark venous blood, and the meat would become insipid. Game is considered all the richer for being "ripened" after it is killed, and it then contains ptomaines or poisons in larger quantity than when fresh killed.

ABHORRENCE AT MEAT EATING.

My abhorrence of meat eating increases, if possible. The world will never be a place of peace and love as long as the slaughter of animals—for food or anything else—is tolerated. What a spectacle that, of young boys or girls being employed at this ghoulish business and growing up calloused and unconcerned at the sights of agony and cruelty that should make angels weep. I consider vegetarianism second to no cause in the world, not even to our own Anti-vivisection cause. Success attend thee!—Mrs. Fairchild Allen, Aurora, Ill.

AN EVER INCREASING JOY.

I cannot express my joy that F., H. & G. is again *on its feet*. I received copies just as I was leaving home for a few days of field work, and could hardly wait to express my delight that your earnest effort to put F., H. & G. on a solid foundation was measurably successful and that the outlook grows brighter. I do hope that all vegetarians will see to it that you have the support that you deserve. Money is closer with us than last year but we shall *try and do our share* as we can for the support of the paper. With each year we see more and more the advantages of a vegetarian diet.

It is an ever increasing joy to us to be able to say that nothing dies that we may feed upon its corpse. The soul growth is so much greater. God is nearer and all nature dearer to us.

With best of wishes for the greatest success of all your efforts. Yours for that better day when they shall no more hurt or destroy because all shall be filled with the knowledge of the Lord.—Lydia A. Irons, Athol, Idaho.

THE MILLTILLIONAIRE.

In a book with the above title by M. Auburre' Hovorre', giving a description of the ideal or Bardic state to which the various reforms are believed to be leading, the following is the account of the "Delectable Dining Salon."

LA MENU DE CARAVANSERY.

POTATIONS.

Water.	Chocola	Orangeade.
Lemonade.	Milk.	Cocoa.

FRUITS. All kinds. CEREALS. All kinds.

VEGETABLES. All kinds. BREAD. All kinds.

CAKES. All kinds.

DESSERT. Chemico, Fruito, Pudding, Nuts, Cream.

GRAND FINALE.

MINERAL WATERS.

Eau de Jupiter—from Planet Jupiter.
Eau de Neptune—from Planet Neptune.
Eau de Venus—from Planet Venus.

Indeed a most Godly Menu. Yet, doubtless, a Nineteenth Century pagan, with his beastly appetite, would gape in wonder, and fancy something lacking, when he perceived the absence of all meat dishes, fish, et cetera. Happily our science and experience have discovered to us not only the superfluity of such meat dishes, but the utter beastliness and barbarism of indulgence in a meat or fish diet. We would as soon think of swallowing a live snake, as gorging our stomachs with birds, cattle and fish, which is indeed a species of cannibalism, Man (himself an animal) devouring another animal. Further, we know that such beastly foods tend to lower the intellect, and cause brutal passions similar to those of the animals devoured, while vegetable and fruit foods conduce to higher refinement of the



faculties to deeper culture, peace of mind and intellectual Wisdom.

In the primal days, or ages of man, during famines, he may have been justified in living upon a meat diet, but we, in our Intellectual Age, who have an abundance of Cereals, Fruit Foods and Vegetables, have not the least necessity for indulgence in such beastly, barbaric diet.

Neither do we slaughter birds or animals for sport(?) We see no sport in the torture and slaughter of harmless birds and animals. "Therefore no "angling" or "hunting," or the indulgence of any similar sports of barbarians or beasts is now allowed. All of our pastimes are intellectual and refined. We are no longer a barbaric people in any respect, and do not crave for murderous sports. We are a Bardic People and enjoy Bardic diversions.

Neither do we indulge in tobacco, wine or other poisonous luxuries. We find luxury enough without indulging in *poison* for a luxury.

During the progress of the Dinner we find ourselves enchanted by the most soul-enrapturing harmonies, tuning our hearts to love sublime, as the delectable melodies issue fragrantly from colossal pillars of music artistically placed here and there throughout the Grand Salon,—an octagonal Salon five hundred feet in depth and two thousand feet in diameter, whose spacious capacity admits one million people at one seating.

We no longer have human waiters but electric waiters, which ascend from the cuisine beneath the floor in the centre of a circular table within the reach of all, who can help themselves to their dishes from the tray or waiter, their orders being sent by the pressure of an electric signal by the side of each chair.

Having sated our appetites we ascend by the grand elevators to the Roof-Garden to inhale the mountainous air while we enjoy our after-dinner repose.

All our Caravanseries have roof gardens of the most exquisite beauty of flowers and umbrage.

"Live and let live" is the Vegetarian motto.

THE ENGLEWOOD BRANCH, V. S. A.

Having just received and devoured the interesting contents of the June number of the F., H. & G. I wish to say how much I enjoy it, also to say only one society of Chicago has been represented, and while all love and look up to Mr. Snyder as president of the Central Society of Chicago, we have three others.

Our Englewood Society organized in Oct., '95. We held meetings every week; then two a month, now we have the one monthly meeting.

The four societies have so arranged we have one meeting each week in different parts of the city. Our last meeting resulted in the reelection of Mrs. Anna Leger, as president, (she is also national president of the Patriotic Temperance Federation, and president of Englewood Y. W. C. A.) Mr. Chas. Sorley, Vice Prest., Mrs. Bell Bombaugh, Secy., Mr. Chas. Weller, Treas. Among our membership we have the president of the Wood Lawn Woman's Club and a former editor of the San Francisco *Examiner*, so we think we are up to date. We enjoy the magazine and wish it and all other Vegetarian helps all success.—Anna Leger, 444 Englewood Ave. Chicago, June 8th.

A GOOD CHANCE FOR A GOOD WOMAN.

"I just long to have a home again and live with a good lovable gentle wife such as I formerly had. She was from Torquay, South England. I am looking for a German or English wife although nationality is no objection if she be a true sincere Vegetarian, not under thirty nor more than forty years of age. I can give the best of recommends as to character. I am not a wealthy man but I will make a plain contented person a pleasant home. I would not wish a walking fashion Journal nor one that studies the latest fashions."

The above is from a man personally unknown to us, but who is a good and liberal friend to our cause.

Rev. A. T. de Learsy's address is now Wayne, Nebraska, having been called thither by the Bishop of the diocese.

HOME DEPARTMENT.



RELATIVE VALUE OF NUTS.

BY ALFRED HOWE.

	Time. *	Cost.	Meat. †	Shell. †	Bulk.
Black Walnuts	41 m.	5 c.	3 oz.	13 oz.	¾ pt.
Brazil nuts	25 m.	15 c.	8 oz.	8 oz.	¾ pt.
Pecan "	1h. 40m.	15 c.	7 oz.	9 oz.	1 pt.
Hazel "	25 m.	15 c.	7 oz.	9 oz.	¾ pt.
Hickory nuts	1h. 30m.	10 c.	5 oz.	11oz.	11-16 pt.
English walnuts	17 m.	15 c.	7 oz.	9 oz.	1 ¼ pt.
Almonds	30 m.	25 c.	6.2 oz.	9.8 oz.	¾ pt.
Peanuts	45 m.	16 c.	10.7 Oz.	4.44 oz.	1 ¾ pt.

* The time occupied in cracking and extracting meats.
 † Most nuts can now be purchased already extracted from the shells, but they do not keep as good in that condition.
 † Weight of.

A GOOD SUGGESTION.

I intend to circulate samples of the Butter Oil from our 50 lb. can. This will help to get customers for the article. I do not see why the V. S. A. could not make this a paying enterprise, at least aiding towards giving it an income upon which to exist. Let all Vegetarians push this oil so as to drive disgusting hog's lard from the field. It would be a preparatory step towards interesting people in further improvement along the reform line.—Edward E. Howe, 128 W. Tamarac St., Hazleton, Pa.—The Vegetarian Society, Manchester, England has a well sustained depot for the sale of Vegetarian specialties. This is what we are aiming at in this country and we trust our Vegetarian friends will sustain the effort.

JULY MENU FOR A PICNIC DINNER.

Table Decoration: Yellow Daisies and Ferns.

Bananas.		Cherries.
Egg Sandwiches.	Pickled beets.	Savory omelet.
Lettuce.	Tomatoes.	Lentil Salad.
	Salad Dressing.	
Brown bread.	Oat-meal crackers.	
Currant tarts.	Nut Cake.	
Brown Bread Cream.	Pineapple Ice.	
Spring water.	Caramel Coffee.	

RECIPES.

EGG SANDWICHES.

Mince hard-boiled eggs very fine. Spread evenly upon thin slices of buttered bread,

sprinkle over with grated cheese and finely chopped parsley. Season to taste.

SALAD DRESSING.

One egg, one teaspoonful each of mustard and salt, one tablespoonful each of flour and sugar, one-half cup of cream. Mix the other ingredients with the cream and add the egg well beaten. To this add one small cup of vinegar and 2 tablespoons of water. Boil slightly and then add a piece of butter the size of a walnut.—Contributed.

SAVORY OMELET.

6 ounces of bread without crust, four eggs, one-half ounce of parsley. Soften the bread by pouring cold water upon it, cover and let remain an hour; mash with a fork taking out the hard lumps. Add the parsley chopped fine, and the eggs, well beaten. Season to taste. Drop by tablespoons on a well greased griddle and fry brown.

CURRANT TARTS.

Roll out some paste about quarter of an inch thick, cut it in round cakes about three inches across, then cut a circle 2 inches in diameter, from the center, wet the edges with as little water as possible, and lay the rims on each cake. Bake in a moderately hot oven. Lay them on a dish, when quite cold fill with currant jelly.

Selected from *Cold Dishes for Hot Weather.*

BEETS.

Cook and peel the beets; when cold cut into rounds, place in a deep dish, and cover with vinegar; add a little salt.

BROWN BREAD CREAM.

Grate as fine as possible stale brown bread; take 2 tablespoonfuls and soak in a quart of cream two or three hours, and sweeten to taste. Freeze.

PINEAPPLE ICE.

Grate 1 good sized pineapple or 2 small ones; add to the grated pine 3 pts. of water,



half a pound of sugar, and if the pine be very sweet the strained juice of 1 or 2 lemons. Strain through a cloth, and freeze.

LENTIL SALAD.

Cook the lentils in salted water, and drain. Put the lentils in a bowl, and add 1 chopped onion; stir in 1 tablespoonful of chopped parsley; add some chopped egg and shred lettuce; season with salt, pepper, oil, and vinegar, and decorate with parsley.

NUT CAKE.

Take 2 tablespoonfuls of butter, 2 cups of sugar, 2 beaten eggs, 1 cup of milk, 3 cups of flour, 1 teaspoonful of baking-powder, 1 pint of mixed nuts, blanched and chopped; flavor with vanilla. Put in a buttered tin and bake in a moderate oven.

From the *Tested Recipe Cook Book.*

SLAW.

To 1 beaten egg add 2 tablespoons of sugar, a level teaspoon of flour, a heaping one of mustard, a tablespoon of butter and a cup of vinegar. Put into a stew pan, and when hot, add 1 quart of finely-shredded cabbage, with a little salt sprinkled over it. Stew 5 minutes. To be eaten hot or cold.

NASTURTIUM SANDWICHES.

Cut some white or brown bread very thin, and spread with the most delicate fresh butter. Then pick some nasturtiums, choosing the youngest and most perfect in form and color. Separate the petals, lay them between two pieces of the wafered bread and butter, and add a sprinkling of salt and white pepper. The crimson petals should peep out between the edges of the bread.

POTATO SOUFFLES.

Boil four good-sized potatoes, mash and pass through a sieve. Scald in a clean saucepan half teacup sweet milk and tablespoon of butter; add to the potato with a little salt and white pepper, and beat to a cream. Add one at a time the yolks of four eggs, beating thoroughly; drop a pinch of salt into the whites and beat them to a stiff froth. Add them to the mixture, beating as little as possible. Have ready a buttered baking dish large enough to let the souffle rise without running

over; bake twenty minutes in a brisk oven. Serve at once in the dish it was baked in.

ARTISTIC LIVING.

The address of Dr. Alice B. Stockham before the Chicago Vegetarian Society, June 17, 1896 at the Great Northern Hotel, was listened to by an appreciative audience. The Dr.'s subject was "Artistic Living" and in a skillful and clear cut manner she conclusively showed the vast importance of never for a moment losing sight of the artistic and beautiful in all of life's details no matter how low or humble. Bringing this idea of the artistic to bear upon the Kitchen and Dining-room, she dwelt impressively upon the blunting effect of animal food upon the sensibilities, showing it to be entirely unnecessary as regards actual needs for nutrition and sustaining of human life as the facts that the strongest and most robust people in the world are to be found among those who never use any flesh as food, are accessible to all who feel inclined to investigate. She also dwelt with effect upon the dragging down to lower levels of thought and conception of this constant slaughter of animals on all concerned from he who wields the ax or knife up to those who devour in acquiescence to a pampered and unnatural appetite under the pretence that it is a necessity.—F. E. Green, Cor. Sec. C. V. S.

THOROUGHLY CONVINCED.

The habit of a non-meat diet having been fixed, I am pleased to acknowledge the benefits of it. I am convinced that I shall continue in that manner of living to the end. I found that it is a habit easily acquired, without temptations, and one that appeals to the sense of justice of my friends, who so often express a wish that they might follow my example. June, 1891. This I intended to have sent you some time ago. I am still, after an additional experience of nearly five years of the same mind, thoroughly convinced. —Mrs. A. Haviland, 623 E. 139th St., N. Y.

A farmer in New Jersey is reported as netting \$1000 on 4 acres of strawberries this season.



PLANTING THE PECAN.

Planting 35x35 gives thirty-six trees, at \$5 per tree yields \$180 per acre; 35x35 and one in centre square, sixty-one trees at \$5 per tree yields \$305 per acre; 20x20, the square method, 109 trees at \$5 per tree, yields \$545 per acre; 20x20, the equilateral triangle, 126 at \$5 per tree, yields \$630 per acre.

By planting the latter method ten acres in the Post's select thin-shell pecans, see what a royal income at only \$1 per tree! The fact is, it will be nearer \$10 per tree than \$5, for the demand for such nuts for planting will take all grown at high prices for years to come. Whatever you plant, you will find nothing equals the pecan for profit.—Herbert Post, Fort Worth, Tex., in New York Sun.

SOME HARDY TREES.

Here are some trees vouched for as being very hardy by T. H. Haskins of Vermont: The Asiatic poplar, which grows rapidly from cuttings. It is said to be a valuable timber tree. *Elaeagnus angustifolium* proves perfectly hardy and a rapid grower in northeastern Vermont. It is a very striking tree. Its thorns are sharp as needles, and its small, thick, olive green foliage hides them from notice. *Shepherdia argentea*, a tall, thin branched small tree, is noted for its oddity as well as hardness.—*Home*.

The suburbs of large cities are the most profitable places on which to grow small fruits and the electric car companies now running out to the suburbs in every direction from the cities might arrange for transporting fresh fruits at moderate cost so that fruit could be bought and eaten on the day it is gathered.

PEAR BLIGHT.

A writer in the *Mayflower* recommends the disuse of stable manure for pear orchards, so as to prevent the black blight. So that it seems horticulturists are making the discovery that animal manure is productive of that stimulated condition of the tree in which it can be affected by blight.

PROGRESS IN HORTICULTURE.

The progress made towards vegetarianism in horticulture is shown by the change in the display made by the best grocers and hucksters. When we were boys the apple barrel and basket with a few strings of old time dried apples, made the fruit display. The potato bag and barrel with a few heads of cabbage made the show of vegetables. Contrast the present display with the show and sale of fruits and vegetables 50 or 60 years ago! Now the fruits of all climes are before the public in the most tempting variety. Fresh fruits, canned fruits, dried and evaporated fruits come to the front in the most fascinating ways. The increase in the culture and production of fruits and the large quantities required to meet the demand also indicate progress.

The business as at present carried on, may be said to have been built up in a generation and the demand is steadily increasing.—O. M. Cadwell, Carpenteria, Santa Barbara Co., California.

INTEREST IN GARDENING.

We are often surprised at the want of interest even intelligent people take in gardening. We have known persons of ample grounds for growing flowers, fruits and vegetables leave almost everything to hired help, and take but little interest in the garden except to eat of its produce.

Such persons lose their best chance for enjoyment in life. They shut themselves up in warm rooms in winter, and in summer avoid the sunshine and so they become chronic invalids whereas if they would live and work in their gardens and make a study of the shrubs, the flowers and the birds, working with nature, the glow of health would come to their cheeks and happiness to their hearts. Vegetarians especially should take an interest in their gardens.

A DESIRABLE SHRUB.

Tecoma stans is a very decorative lawn plant, stately in appearance and with vivid green foliage and golden yellow, trumpet shaped blossoms. It blooms continuously and profusely, and its branches are often weighed down with its wealth of flowers. The assurance is given in *Gardening* that if cut down by frost it soon grows up again. Its blossoms are followed by peculiarly shaped fruit, each of which contains a hard shelled seed which, when planted, germinates very readily. The plant is also increased by root division and from cuttings. When in the prime of its beauty, that is, when covered with blossoms and fruit, it calls forth exclamations of praise from all who behold it.—*Home*.



MR. AND MRS. ALBERT H. SNYDER.



MR. AND MRS. ALBERT H. SNYDER.

WE have great pleasure in presenting half-tone portraits of Mr. and Mrs. Albert H. Snyder. The picture was taken at the time of their marriage last year and would have appeared at the time had our issue of *FOOD* been made as usual. But we are sure our readers will be well pleased to get them, for, although Mr. Snyder has retired from the presidency of the Society he founded, he is still earnestly devoted to the work which has prospered so well under his zealous management.

Mr. Anderson Blakely, who kindly furnished us a sketch for publication wrote:

Mr. Snyder is a thorough going Chicagoan as is evidenced by the remarkable progress that this youthful society has made since it was founded in Chicago's pretty lakeside suburb, Roger's Park, about three years ago. The society has grown from a charter membership of five to a large Central organization meeting in the largest hotel in Chicago, flourishing with branch organizations in several suburbs all of which hold regular monthly meetings and have enrolled as members a number of the most prominent professional men and society people of the city.

Mr. Snyder is full of life and determination and brings these characteristics in a very marked manner into his society work. The big banquet given in the banquet rooms of the Great Northern Hotel, Christmas, 1895 and the second one at the Auditorium, Thanksgiving, 1896, are very largely his work, and the success of these occasions commanded the admiration of the society throughout the country. It is quite natural for him, however, to give a large part of his time and energies to vegetarian work, for he has been a respecter of life practically from the days of his childhood. Early in life he evinced a dislike for flesh as food in any form, a dislike so pronounced that it seemed almost instinctive.

Nor has this method of living been without manifest advantage. As a result, sickness has never absented him from business a day in his life, although known as a hard and untiring worker both during and after working hours. In fact he considers a healthy vegetarianism as practically a preventive of germ diseases, citing the peculiar fact that out of a family of eight children, he being the only

representative of vegetarian principles while diphtheria in its worst form invaded his home during two successive winters, he alone escaped.

By profession Mr. Snyder is a newspaper man. He became connected with amateur journalism while attending school and during this time was elected corresponding secretary of the Mutual Benefit Amateur Press Association. Later he became Recording Secretary of the National Amateur Press Association. These two associations, on account of differences of long standing, had been working at cross purposes, and it was purposed to arrange some basis of compromise. The President of the Mutual Benefit Amateur Press Association sent Mr. Snyder to represent him at the convention of the rival organization at Buffalo, empowered him to negotiate a settlement at that gathering, and it was largely owing to his diplomatic efforts that the warring association became reunited. Subsequently he organized the Chicago Amateur Journalists, Club.

During the past seven years Mr. Snyder has been connected with several newspaper ventures, some of which he was the founder. He is perhaps best known in Chicago as Secretary of the Managing Editor of the *Chicago Evening Post*, the best known and most influential independent evening paper of Chicago. His wide experience in these fields has given him a peculiar fitness for his efforts in ethical work, and his extensive acquaintance in Chicago has made hosts of friends for the Vegetarian cause. These facts go far toward explaining the phenomenal success which the present Chicago organization has had since its founding in Roger's Park three years ago, and the unostentatious way in which the work is performed makes co-operation with him a great pleasure.

Mr. Snyder is at present advertising manager of the American Boiler Company of New York and Chicago, the largest manufacturers of house heating boilers in the world. He is a young man of intense business activity, combined with a keen insight of human nature and remarkable executive ability, making him an exceptionally successful man of business. These natural gifts, together with his pronounced views on healthful living along the lines of abstention from flesh, alcohol, and condiments, give to him a wealth of power that is to-day possessed by but few.



HOW TO ABOLISH BRUTALITY.

MISS E. S. OAKEY.

When I go among the people and hear those in different stations discuss the difficulties that are to be met with in life, and often describing the brutal and mean conduct of so many, I say: if all were vegetarians on principle; believing, that God gave men at the beginning his proper food, and so believing in the merciful and Personal God of Revelation, and in no abstraction, brutality in all its *forms* would disappear.

Those who prefer animal to any other food are the roughest and noisiest, (I make no exception), all observant persons will uphold me in this assertion. Let any one calmly begin to observe from this standpoint, and my assertion is proved. A vegetarian is one to whom dissensions, noise and confusion are things from which he retires, and to which he feels himself quite an outsider. When any question arises, observe how he meets it. With anger? Oh no. With warmth? Yes. But withal a sweet dignity. Harshness has no place in the Christian Vegetarian's heart. One of the questions much discussed just now in the daily papers is that of a game as it is called (Foot-ball.) Do you think such a "game" would be in vogue were vegetarian life common? It would not be possible. Are any who play that game vegetarians? Of course not.

A child who sits opposite to me at table where I am stopping just now, is five years old, eats meat at every meal, and I was informed on his first introduction to me, when some inquiries were made by the keeper of the house regarding my diet, that this child delights in seeing chickens killed and is *allowed* to witness the operation—the mother of the child seems to think this delight in cruelty a very amusing characteristic in her son. I observe that this boy treats his mother with *no* respect, and is cunning and deceitful. All this at five years old. Another animal is growing up in the world, not so mild and gentle as the horse or cow. I am also told by the mother, (she is a member of our own communion (Episcopalian) that the child has never been taught to

utter a prayer. Would this be possible in the case of a Christian Vegetarian parent? No. Emphatically no.

TOTAL ABSTINENCE THE BEST.

I am enthusiastic on the subject of Vegetarianism. Meat has not entered our bill of fare for three years. We find an abundant supply in the vegetable kingdom. We are all in better health since we quit even the occasional use of flesh meat. If animal food, even animal products, were excluded entirely from the human bill of fare I am confident there would be a marked improvement in the general health of our people.

Your little publication sets many people to thinking and no doubt converts a large proportion of its readers to a non-flesh diet.—Eliza H. Stair, M. D.

"LIVE AND LET LIVE."

The time has been when belief of a Supreme Personality who held man accountable for his acts was almost universal; but the higher consciousness discovers that the power which holds men accountable is located within; it knows that the account, good or bad, must be settled by the judge within; and that individual redemption can be effected only by overcoming the evil within by the good within. And the seed of this saying, "cleanse thyself," is producing a beautiful growth of Vegetarian ideas. How clean and spiritual they seem. Evolution speed them! until not a soul shall be found in all our broad land, unawakened to the noble sentiment "Live and Let Live," and who is not imbued with the spirit of humanitarianism, to feel that all men are brothers and all life is kin.—A. H. Bradbury, Norway, Maine.

NEVER GIVE UP.

I feel as if it is very hard to wait for the coming peace and kindness towards all creatures. Will it ever come in this world? I often doubt it there are so few willing to forego their own pleasure, and sweet refined people are as cruel as the others rather than sacrifice their pleasures at the table.—Mrs. J. A. Drake, Flushing, N. Y.

Feb,

Food, Home and Garden

Food, Home and Garden

PHILADELPHIA, FEB. 1897.

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

OUR VACATION.

An involuntary vacation has occurred in the publication of *FOOD, HOME & GARDEN* from the issue of July, 1896, to that of February, 1897, a period of six months. We had arranged with the Universal Peace Union to have the use of a room for our printing on the premises allotted to it by the city in the east wing of Independence Hall, for certain editorial services performed by us. Our agreement was for a year, renewable yearly, if no notice was received prior to the close of the year, which commenced with Dec. 1895. But owing to a misunderstanding between the authorities of the city and the U. P. U. the press was ordered removed from the city property without notice, in July. It took nearly two months to find a place in which to put it up. We at last found a house at 1023 Foulkrod St., Frankford, Philadelphia, where we could live and have the printing office so as to avoid expense of rent and car. We first ascertained from the Suburban Electric Co. that we could be supplied with motor and electric power for the press and was told to let the superintendent know when ready for the power. We then took a lease of the premises for 5 years; subject to renewal at the end of each 5 years; had an office fitted up and the press and material removed into it. The shafting was put up and all we required was motor and power. We notified the Suburban Electric Co. that we were ready for these. This was about the 10th of October, 1896. We waited at home day after day expecting the motor and wire connection, but these did not come, so we applied at the office, which was three miles

away, and was told the Superintendent was very busy; had more than he could attend to. We left word that we were waiting and wished him to appoint a time to meet for an understanding. No response. Waited one week after another. At last got a reply that it would take five weeks before the work could be done. This would take us till Thanksgiving time when we were to be in Chicago.

On our return from Chicago nothing was done and we were kept waiting on shorter promises until Jan. 18th, 1897, when the power was put on and the Vegetarian press started again on its mission work. This number is largely made up of matter that stood over from July to January waiting for the press. The next number will we trust be up to date.

Our subscribers have shown great kindness and patience, only one, a Chicago lady, having asked for the return of subscription which was promptly remitted.

We can now see no reason why we should not continue the issue regularly so long as health and life shall last and our friends stand by us by promptly remitting subscriptions, donations &c. to aid us in this work.

BUTCHER'S MEAT AND WAR.

The *Lancet*, London, while admitting the practicability of Vegetarianism, opposes it on national grounds because it says if the people of India had been eaters of butcher's meat, they could not have been conquered by beef-eating Englishmen. This is an admission that eating butcher's meat will cause men to become the best butchers of their fellow men. Has the *Lancet* no higher conception of a nation's greatness than that of brute force? The brutal treatment of Eastern nations by the British constitute the most shameful features of modern history. Taking advantage of the peaceful disciples of Buddha and Confucius who were opposed to all cruelty and slaughter! We do not envy the greatness of a nation obtained by human bloodshed.

Food, Home and Garden

We expect to have time to print pamphlets, tracts and books, as well as other job work, at our new printing office. Good work at moderate prices guaranteed. Address or call at 310 Chestnut St., or come to the printing office: 1023 Foulkrod St., Station F, Phila.

We elsewhere give a brief memoir of our octogenarian friend, Robert Wright, who was



ROBERT WRIGHT.

a life member of the Vegetarian Society of America. We here present a half-tone engraving from a recent photograph, which gives a correct representation of his personal appearance.

We enclose with copy of February number a blank to use by our subscribers and friends. If each one to whom this blank is sent will kindly fill it out with the names of four persons, periodicals, libraries or other institutions to whom they desire a copy of F., H. & G. sent for one year and enclose \$1.00 for the four copies, they will increase our circulation to 10,000 copies. Please do this.

We have received a supply of Health Foods manufactured by the Sanitarium Health Food Co. and samples of the novel produc-

tions of the Sanatas Food Co., both of Battle Creek, Mich. All who desire to sample same should call at 1023 Foulkrod St., Station F, Phila. Come by Frankford & Phila. R. R. to Arrott St. Station or 5th or 3rd Sts. from the eastern part of Phila. The Vegetarian Society Mill can also be seen in operation at the same address.

The article entitled "A Summary of Arguments for Vegetarianism by Rev. Wm. Penn. Alcott," has been printed in tract form and was the first production of the new V. S. A. printing office, Foulkrod St., Frankford, Phila. A few hundred copies only remain and these can be had for distribution at 25 cts. a dozen or \$1.50 per hundred. If encouraged by the sale of this tract we propose to issue a series of similar tracts for distribution in letters and otherwise. Do our friends desire to aid the cause by keeping Vegetarian tracts on their desks for enclosure in letters? Write us.

The meeting in Phrenological Hall, Fowler & Wells's, N. Y., Nov. 23rd, was very cordial and a good evidence of earnestness in the N. Y. Vegetarian Society. The Thanksgiving service in the morning and the Banquet in the evening at the Auditorium Hotel, Chicago, were both delightful occasions and so was the meeting subsequently, on the West Side, where we met Mrs. Le Favre who has made rapid strides since we saw her before, looking ten years younger, with a complexion of ruddy health that Hogarth would have delighted to portray. Mr. Green presided, and Mrs. Green was there too. At Grand Haven, Mich. we were delighted to meet Mrs. Farr whose essay on Fruit we published last summer, and Rev. Lucy E. Texter, pastor of the Unitarian Church. But we cannot now find room to even mention the many delightful features of the trip, among which was a dinner with Mr. and Mrs. Albert H. Snyder at their pleasant home, Roger's Park, North Chicago.

Madam and Madamoselle Veigle, the first the founder and the last the secretary of the

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Women's Vegetarian Union, are doing a good work in and about London, England. At a meeting held by the Union at Limehouse (a suburb,) a lecture was delivered by Miss Wardlow Best and the chair occupied by the zealous Secretary of the Union. Miss Best claimed that the idea that animals were "sent for food" was an excuse for the most shameful cruelty and slaughter. But rights do not end with human beings: all creatures endowed with life have as much right to it as we have. It was not a question of who suffered but the awfulness of suffering itself. Madlle. Veigle gave an instance of a cow that died of grief on account of the death of her calf and of a woman arrested illtreating her child. She said what was morally wrong could not be physically right or necessary. When will the ladies of America join in Union against the wrong done to animals by slaughter? Our Societies for prevention of Cruelty to Animals only punish offenders, they do not strike at the root of the cruelty which is the flesh-eating custom.

SIR ISAAC PITMAN,

One of the best known of the vegetarians of England, was born in 1813 and died, Jan. 22, 1897, he was therefore 84 years of age. We had the pleasure of his personal acquaintance from 1840, when his first large book on Phonography appeared. He was a firm vegetarian, teetotalar and used no tobacco. He was a most inveterate worker. He used to commence his labors at his desk at 4 o'clock a. m. and with slight intervals for his very simple meals, continue to labor till 10 o'clock p. m. He was a tall, somewhat spare, man, but with a nerve which enabled him to write with great rapidity and perspicuity.

We do not believe that any four beef-eaters could be found that could do as much intellectual work in a day as did Isaac Pitman.

He worked hard every day in the week, preparing his Phonographic publications and writing letters to his friends and adherents, and on Sunday he preached to the New Jerusalem Church, Bath. He was a thorough Swedenborgian in practice as well as in

theory, following Swedenborg's example as to food as well as the constant performance of uses. On the Queen's birthday, May 24th,



1895, Victoria did honor to herself by conferring Knighthood upon Isaac Pitman, at the age of 82, soon after the Jubilee of Phonography.

From this time his wonderful powers of endurance began to show some signs of weakening from age and giving the printing and publishing business over to his sons, he gradually withdrew from the labors to which he had been accustomed during his long life. Last summer a serious illness, his first and last sickness, commenced which a tour over Continental Europe failed to conquer, and this winter closed his earthly pilgrimage. His memory will always be held in the highest esteem by those who practise the Phonetic art and specially those who know of his pure and exalted character and exemplary life.

Food, Home and Garden

A SUMMARY OF ARGUMENTS IN MEMORIAM ROBERT WRIGHT. FOR VEGETARIANISM.

BY REV. WM. PENN ALCOTT.

[These statements have been prepared as a tract and therefore literary completeness has been sacrificed to brevity. The names of vegetarians are in italics but quotations have been preferred from those not wholly converted to our practice.]

I

According to the *Bible*, the Creator selected this as man's best diet: "God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." (Gen. 1, 29.) Some expounders explain anything in other Scriptures seemingly inconsistent with this, by "accommodation," — as with divorce (Matt. 19; 8), or by "kenosis" (Phil. 2; 7, see the Greek). On the testimony of early historians, Matthew and Peter were vegetarians, also James "the Lord's brother", first head of the Church. Compare manna and quails as food (Numb. 11; 18—35) and read Daniel 1.

II

Revelation is confirmed by *Science*. (a) Comparative Anatomy: man is near the anthropoid apes which eat fruit and nuts. Our "canines" are even smaller than theirs. Man's nails, tongue, hands, intestines and blood, point to vegetable food (*Linnaeus*, Cuvier, Owen, Lawrence, Bell). (b) Chemical Physiology: the saliva, gastric juice and excretions confirm this view. So does Embryology (*Schlickeysen*). (c) "It may be accepted as a fair deduction from the anatomy and physiology of man, and more especially from his dentition, and from his want of natural weapons of attack and defence, that he must at first have been frugivorous" (Dawson). (d) Development theories confirm this (Darwin, Hæckel). (e) Chemistry shows that all elements essential to health, are contained in the diet of Paradise (Liebig, Playfair, Church, Atwater). (f) Medical Science, through Drs. H. Thompson, W. B. Carpenter, B. W. Richardson, E. Smith, Keith, declares flesh-food unnecessary. It is only nutriment at second hand, generally half excrementitious water, the remainder venous blood, tissue exhausted and so "twice dead", stimulating poisons (ptomaines etc.) and a small residuum of value. (g) So testifies Biology. (h) Zoology names as the strongest animals, the elephant, ox, horse, camel, gorilla. The carnivora would starve, without fangs, claws, cunning. These and not strength are their capital. (i) There is argument in the *instincts of children*, fairly tested (Thompson, Richardson). Kreophagy is therefore unnecessary, unnatural, undesirable.

III

With many the *experience of man* has greatest weight. Incontestably the majority of men are vegetarians—"four-tenths exclusively, seven-tenths practically." The teeming millions of Asia and most Africans and Polyynesians use flesh rarely, if at all. Captives in war, fish, fowl, an old camel, a fatted calf, are occasional luxuries with some. The masses of Europe and England are too poor for a frequent indulgence. Atwater says: "the European wage-worker has but little meat, butter or sugar." Sir H. Thompson writes: "Between 40 and nearly 60 degrees of latitude (in Europe) we find large populations of fine races, trained to be the best laborers in the world, on little more than cereals and legumes, with milk, as food." The English peasant "lives for the most part on wheaten bread and cheese with occasionally a little bacon, some potatoes and perhaps garden greens; it is only occasionally, indeed, he obtains flesh." (Ib.) On even less of it, the Scotch and Irish are physically superior, as a rule, to the English. A rice-fed coolie will shoulder what beef-eaters can hardly lift, and carry it for hours (Sherwood). Turkish porters readily transport, on their backs, 800 pounds and more, without flesh-food (Rea). On the Pythagorean diet athletes were trained for the ancient games. Thus *Milo* carried the ox but did not eat him! Under the stimulus of flesh-eating one may excel in a "spurt" but *whips* are not abiding food. Endless

Robert, son of Jonathan and Mary Wright was born Feb. 19th, 1817, at Keighley, Yorkshire, England. Jonathan Wright came to the United States in 1820 bringing with him his sons Samuel, Joseph and Robert. Mrs. Mary Wright came the succeeding year, bringing their other son Jonathan who was their third son.

They were received into the Bible Christian Church by certificate from the Salford Church in 1821, Mary, John B. and John their children died young. Jonathan Wright Jr., Hannah and James L. Wright also theirs, grew up in this country. Martha and William Wright, both born in this country survive Robert, Martha being Mrs. Himmelwright, living on Sixth St., Phila. and William living on Paul St., Frankford.

Samuel Wright died Jan. 11th, 1891, exactly six years ago, was six years older than Robert, and would have been eighty had he lived till Feb. 24th, 1891. Robert would have been eighty, had he lived till Feb. 19th, 1897. This coincidence calls to mind the prediction made by Robert after the death of Samuel, that he would live to the same age as Samuel. His dying Jan. 11, 1897, same day of the month, renders the prediction the more remarkable.

Robert was trained to be a mechanic and became a machinist and engineer. His skill was in great demand when railroads were being built both in this country and in Europe.

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testimony shows the idea absurd, that health and strength depend on eating "corpses".

A high authority on longevity (Hufeland) says: "Rich and nourishing food and an immoderate use of flesh do not prolong life. Instances of the greatest age are to be found among those who from their youth lived principally on vegetables and who perhaps never tasted flesh." Examples of vegetarian longevity are *John Wesley*, who died at 88, a tremendous worker till the last; *Adam Ferguson*, aged 93. Superior health and immunity from disease may be shown. *John Howard's* experience is in point, also the testimony of Drs. Copeland, Rush, Rees. Many facts indicate that a large part of ailments could be cured by a fruit diet, and the remainder mitigated. Quicker recovery is asserted by Dr. Allinson and others. "Wounds in Turkish and Zulu bodies close as by magic" (*J. Smith*).

In short, "it is probable that the health and mental and bodily vigor of the inhabitants of temperate climes are more attributable to this food (wheat) than to any other single cause" (Foods, E. Smith).

In northern Europe the Finns, while living mainly on the products of the soil, became a race of large and good *physique*, superior to the more carnivorous Laplanders. Eskimo and Fuegians, flesh-eaters altogether, are low types, small, consumptive, short lived. The polar reindeer and musk ox find vigor in lichens and sedges.

IV

"The diseases of animals which render their flesh unfit for food are very numerous", says Dr. A. M. Davis. He specifies fifteen. English butchers assert that, if all unhealthy meat were rejected, England could not be supplied. Nor could America. Therefore no inspection will save us from danger. Question farmers, cattle dealers etc. and you will find a sickening argument against such food. But "putrescent alterations are much less likely to take place with respect to vegetable than to animal, food." (Prof. Beaumonts).

V

Greater enjoyment of food is one blessing of the simple diet which ours should be. Dr. J. R. Farre, as an Algerine captive, had been worked twelve hours daily on only one loaf of black bread. Asked if he could eat it, he replied: "Oh yes, it was sweet indeed." Cornaro at 80 said: "My palate now relishes better the simple fare I eat, than the most delicate dishes when I led an irregular life." Of bread he says: "I find such sweetness in it that I should be afraid of sinning against temperance were it not for my being convinced of the absolute necessity of eating it." *Epicurus* himself said: "Simple fare can give a relish equal to the most expensive luxuries." We invite to an epicurean, not to an ascetic, diet.

VI

Here the *prevention, alleviation and cure of intemperance* find potent aid. Graham gave up flesh-eating through seeking causes of the drunk evil. Miss Fowler and C. O. G. Napier have elaborated this argument. "The story of intemperance everywhere is the story of heavy over-eating of animal food in highly seasoned forms. * * * The man who can eat plain food with relish is in no danger of falling a victim to alcohol." (Helen Campbell See Rom. 14; 21.) Some vigorous nations are large consumers of flesh and intoxicants but to neither do they owe their power.

VII

The *saving of labor and expense* is not to be overlooked. "Making meat from grass or grain is costly * * The protein of beef is several times as expensive as that of flour." (Atwater, U. S. Agr. Rep.) "Twenty-two acres of land are needed to sustain one man on fresh meat." Under wheat that land will feed 42 people; under oats 88; under potatoes, maize, or rice, 176 under the banana over 6000. The crowded nations of the future must abandon flesh-eating for a diet that will feed more than ten-fold people by the same soil, expense and labor. How rich men will be when they cease to toil for flesh-meat, alcohol, drugs, sickness and war!

Slavery to the stomach is the heaviest burden working men bear and makes riches a curse. Vegetarianism may free woman in large measure from the suicidal drudgery of her life. "By sowing frugality we reap liberty, a golden harvest." What abundant resources for ministering to the needy, would follow a simpler and more healthful diet!

In 1843 Mr. Harrison and Mr. Winans went to Russia and obtained the contract to furnish the Railroad between St. Petersburg and Moscow, the first great R. R. in Russia. They sent to Mr. Garret Eastwick who engaged Robert Wright and other mechanics and they went to Russia in 1844. When nearly ready to open the Railroad, Robert Wright returned home, and after a short visit went back to Russia accompanied by Mrs. Wright, their little daughter and his brother William. The railroad was opened to traffic and Robert Wright might have continued in a lucrative position in connection with it, but being satisfied with honors and remuneration liberally bestowed upon him, retired, as he said, "to give others a chance".

The Crimean war however, detained him for a while and he aided the Russian cause by putting an engine into one of the Russian gunboats required in the war, for which service he was afterwards, presented with a medal which was brought over by his brother William the year after Robert's return to Philadelphia.

The little daughter died in Russia. Their son John B. had been left at school in America and he afterwards fell a victim to the war, dying at Murfreesboro, Tenn.

As an evidence of his faithful service as R. R. engineer the firm by whom he was employed presented him a gold cup which is now preserved as an heir-loom in the family.

He was an honest straightforward Englishman combined with much of that quick perception of opportunities acquired by his



VIII

So great is the *intellectual advantage* that many authors, like Walter Scott, have foreworn flesh-meat while engaged in "high thinking". Out of "a great cloud" of crowned names (besides those already indicated by italics) note *Clement of Alexandria, Tertullian, Porphyry, Chrysostom, Buddha, Pythagoras, Plato, Seneca, Plutarch, Milton, Thompson, Pope, Isaac Newton, Rousseau, Voltaire, Swedenborg, Shelley, Byron, Dick, Lamartine, Michelet, Struve, Franklin, Mussey, Trall*. Eminent brain-workers now living in every land might multiply this list.

IX

An important *aid to moral and spiritual progress* is here found. "When we raise the physical life of men, give them purer air, better water, more wholesome food, we contribute to their chances of moral improvement and * * we contribute to the possibility of their christian perfection" (Fairbairn.) "The Ethics of Diet." (H. Williams) ably discusses this theme. War, cruelty, vice and crime are checked by cooler, purer, blood. Our transportation of animals by land and sea is the envy of devils. Wholesale and domestic butchery are sickening and degrading to a kind heart.

"No flocks that rove the valley free,
To slaughter I condemn;
Taught by the Power that pities me,
I learn to pity them."

Goldsmith's Hermit.

X

The inevitable and *manifest drift of civilization* is in this direction. Increasing density of population, humanitarian reforms and progressive christianity are with us. Our literature is now very great. It has many periodical publications in America, in Germany, in England and her colonies. The British organizations are numerous, enrolling thousands of members. Thirty-three vegetarian restaurants were recently noted in London alone. There are many thousands of us in the U. S. including large portions of the S. D. Adventists, Shakers, some Roman Catholic orders and other religious bodies. Many sanitariums are advancing the cause. We have a national organization with various local ones, and in 1893 held a World's Congress at Chicago. Rev. H. S. Clubb and Dr. J. H. Kellogg are among our active American leaders. Prof. Mayor of Cambridge University stands foremost in England. As Beketoff, Chancellor of St. Petersburg's University, said, and as Tolstoi teaches: "the future is with the vegetarians."

Bexford, Mass., 1897.

For further information in regard to the Vegetarian principle and practice, the reader is referred to *FOOD, HOME AND GARDEN*, published by the Vegetarian Society of America, and edited by the president, Rev. Henry S. Clubb. It is a monthly publication and contains numerous items of experience, recipes for Vegetarian Cookery, Editorial and contributed articles, List of books &c. Subscription 50 cts. a year. *FOOD*, 310 Chestnut St., Philadelphia, Pa. Sample copies free.

A STRONG TESTIMONY.

The longer we live the Vegetarian life the more we see in it. The first thought was the cruelty we were abetors to in eating flesh, and by the practice of vegetarianism we have learned of the health benefits, the economy, and the best of all, the help to a higher plane spiritually. I am sure that every Christian would be a better Christian for not eating flesh, and that many of them only need a few copies of F. H. & G. or a few kindly words on the subject, when, as with Paul, the scales would fall from their eyes and they would be-

education and experience in this country.

The principles instilled by his honored father and pastor, Dr. Metcalfe, when he was quite young were always cherished and observed by him.

He was a total abstainer from intoxicating liquors and the flesh of animals all during his long and eventful life, and his strong mentality and faith in divine providence, carried him through trials to which most men would have succumbed.

He was a warm and earnest friend and nothing seemed to render him so happy as to promote the welfare of his friends.

Although for many years retired from the ordinary activities of business for himself, his active mind found delight in devotedness to the interests of others.

His later illness was brought on by exposure and extra exertion on one of his expeditions to do a good turn.

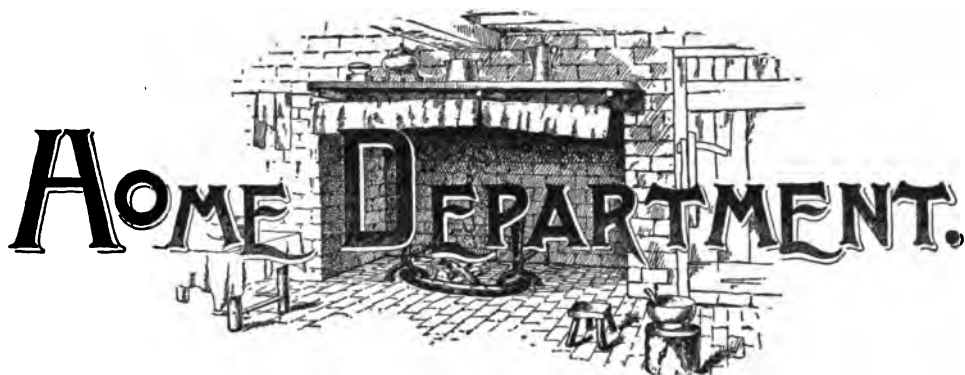
His remains were interred in the family vault at Laurel Hill Cemetery, Jan. 15th, in the presence of a large number of friends and mourners.

come as zealous in the work as any of us.—Mrs. Lydia Irons, Marshall, Wash.

THE VEGETARIAN CYCLING CLUB.

Hampden House, Hampden Street, N. W. 4. 5, '96—With all good wishes to our Vegetarian brethren across the water!

Here in England, and I believe in Germany as well, the pure diet is gaining distinguished adherents among the best class of athletes; and the enclosed booklets are sent in the hope that they may prove suggestive towards similar work in U. S. A.—H. D. Kerr, Hon. Gen. Sec.



INSTEAD OF BEEF TEA.

Remedies for the Housewife Club, contributed by
Dr. C. W. Lyman.

Take peas, water, and a sufficient amount of vegetables suitable for soups. Add a little soda, and boil the whole till the peas come entirely apart. Let it stand till settled. Pour off the thin clear fluid. Salt to taste. This fluid tastes well, is as digestible as any meat soups, and surpasses the very best meat soups in nutritive value. Peas contain a vegetable albumin, legumen, which is readily soluble in faintly alkaline water, and is as nutritive as egg albumin; about one per cent. of soda is enough.

WASHINGTON'S BIRTHDAY DINNER MENU.

Lentil Stew.		
Baked Beans.	Oyster Plant Croquettes.	
Bread (corn, and white).		
Olives.		Nuts.
DESSERT.		
Oranges.	Bananas.	
Frozen Cherries a la Washington.		
Cherry Layer Cake.		
Candied Cherries.		
BEVERAGES.		
Cherry Beverage.	Caramel Coffee.	Chocolate.

TABLE DECORATIONS.

Mary Washington Roses and Maidenhair Ferns.
The Menu cards for the above dinner to be the shape of little hatchets. An artistic person can sketch a picture on each card, of little George chopping down the cherry tree.

RECIPES.

From Mrs. I. A. Drake, Flushing, N. Y.

Lentil Stew.—Cook and strain a few lentils and thicken the lentil gravy with browned flour and butter previously well mixed together in the frying pan. To this add cooked potatoes and carrots.

From E. M. Bingham, M. D., West Springfield, Mass.

Baked Beans.—Wash the beans, yellow eyes are my choice, cover them with cold water and let them soak over night. In the

morning put them on to boil. Let them boil till about half cooked, then pour them, water and all, into a bean jar. Add some "Diamond Butter Oil", 1 spoonful of sugar, a bit of cayenne pepper and cover with water. Add salt. Put them in the oven and bake five or six hours.

From Miss A. Nichols, Allegan, Mich.

Cherry Layer Cake.—2 cups of flour, 2 teaspoons baking powder, 1 tablespoon butter, pinch of salt, 1 cup canned cherries without the juice, 2 eggs, $\frac{3}{4}$ cup water. Bake in layers. Icing: 1 cup sugar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup cherry juice, boil until it strings and then stir until it grains fine. Put between the cakes.

BAKING VEGETABLES.

A word about cooking vegetables. I see many recipes in F., H. & G. are advising vegetables boiled. No vegetable is accredited over ten per cent. of nutrition. Most of them not over five per cent. When boiled the little good they each contain is boiled into the water which is thrown away, and the pulp eaten. Then comes the complaint of flatulence, of sour stomach and of insufficient nutriment. No other result could be expected when vegetables are boiled. All vegetables should be baked or steamed. Then the nutrition is retained and the good results that each is calculated to give will follow.—E. M. Bingham, M. D.

We do not recommend throwing away the water vegetables are boiled in as it contains the best part of the vegetables. When Dr. Bingham speaks of vegetables containing only from 5 to 10 per cent. of nutriment of course she refers to green vegetables not to the dried beans for which she gives a recipe, as they contain from 80 to 90 per cent.—Ed.



HYGIENIC LIVING.

Many, yes the majority of non-meat eaters think that all that is needed to get and keep good health, is to abstain from animal food. Is that not a great mistake generally? And why? Most men eat too much of the nourishing food that we vegetarians generally live on, instead of meats, which contain 32 per ct. nourishment. We eat beans, peas, lentils, that contain 90 per ct. nourishment. Whole wheat meal, corn meal, barley, oats etc., that contain 75 to 85 per ct. and many fruits that have as much nourishment as meats. Should we not live and eat on one third less of foods that contain about $\frac{2}{3}$ more nourishment than the meat eater's diet? We have seen men eating three times as much food as would be good for them to stay in good health, so they take one third more than is good for them and also squander that much in the way of finance.

Vegetarians ought to study hygiene as much as hygienists, if they expect to do better than the flesh eaters. Man with mixed diet, will likely keep in better health if he eat very moderately, than the vegetarian who eats too much. There are also many dishes that vegetarians make use of, hard to digest, such as hot biscuits and butter, made of what we call patent flour which takes a patent stomach to digest.

Let us try to get at the quantity and quality to get the best results. The best results in health and morals as well. The public will not believe there is anything in vegetarianism if the result does not prove it.—G. H. Timmerman, Valley Park, Mo.

While we think friend Timmerman's remarks too sweeping, they do probably apply to many individual cases and as we know his advice is well meant, we publish it for the good it may do.

Best wishes for your success and congratulations upon the improved appearance of the paper.—R. B. Parkman, 1251 M St. N. E. Washington, D. C.

At a family reunion in the home of Andreas Darias, San Pedro, Tex., several persons were poisoned by diseased meat, and five children have died.—*Phila. Record.*

MORE ABOUT THE ALCOTTS.

Mrs. P. A. Crafts, daughter of Dr. W. A. Alcott, the first president of the first American Vegetarian Society, writes from Columbus, Ohio:

"My brother, Rev. W. P. Alcott, has been visiting me on his way east from Battle Creek Sanitarium. He is thriving on two meals a day of simplest food. Has few colds though much exposed, and in case of sickness of any kind, nature does well by him without recourse to medicine. We are increasingly grateful for our inheritance of vegetarian principles and for grace that has kept us in the path our father trod. Our faith is unshaken that when the millennial days come they shall neither hurt nor destroy through all the lower creation. How soon the day will come is not a matter of sight, only hope."

STANDING ALMOST ALONE.

I am a christian and many, even my parents especially, think I am crazy because I will not gratify my lust for flesh and other stimulants, tea, coffee etc. I was a vegetarian three months before I got converted. At the time I quit eating flesh, we had just killed a hog and I never did care very much for pork, but this was too much for me, whenever I took a piece of that pig it was blue and many of the other colors of the rainbow. It seems to me that for the sake of cleanliness people ought to do away with pig pens. Where I live nearly every family has one with from one to a dozen pigs, and not more than a hundred or one hundred and fifty feet from the house. Folks who shun a living pig as I do will not eat a dead one. I am twenty years old and have been a vegetarian fifteen months.—A. H. Jacobson, Woodinville, Washington.

Most heartily do I congratulate you on the re-appearing of F., H. & G: when it disappeared it left a blank or vacant chair in a loving household. When it reached here imagine this morning, I felt as if a long lost brother had come back to life again. May F. H. & G. long flourish under your able care!—Josiah Oldfield, M. A., Oriole, Houghton, Essex, England, April 24, 1896.



SCIENCE AND VEGETARIANISM.

It is conceded by the most eminent naturalists that the natural dietetic character of man is frugiverous. All intelligent physiologists agree that all food material for man and animals is produced by vegetable growth. No organism except the vegetable can produce food of any kind for living beings. So, man and animals that eat the flesh of other animals and materials derived from animals can get only such nutriment as they have obtained from the vegetable kingdom. These are the edicts of science. These scientific statements stand without successful contradiction. In the face of these truths the teachings of all the drug medical schools and books are in direct opposition to them. They teach that a mixed diet and not one that is exclusively vegetarian is the best for man. They teach that man's natural dietetic character is omnivorous. These doctrines of the medical schools of to day are the great obstacles in the way of the progress of vegetarianism. The doctors of the drug schools are in direct contact with the people and are the silent teachers of the dogmas learned at the colleges and in their text books. Also, the medical schools and the family physician are the most powerful opponents to the temperance cause. They teach that alcoholic liquors give tone and impart strength to debilitated vitality—that it is of use to a living organ when enfeebled by disease or any other cause. These errors must be displaced before any great and permanent advance can be made in the general establishment of total abstinence principles and practices. The truth is that alcohol in all forms is foreign to the use of the body whether in health or disease. There is little hope in our opinion for any great advancement in vegetarianism and temperance until there are more medical schools and physicians than now disseminating and teaching the true science of dietetics and the true relation of alcohol and other poisons to the living body. The Hygienic Colleges of Physicians and Surgeons are the only medical schools in the wide world that teach the true principles of dietetics and temperance. The physicians of the Hygieo-Medical School

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are the only medical teachers and exponents of the principles of vegetarianism and total abstinence from all forms of alcoholic liquors either as a beverage or as a curative agent.—J. G. Stair, M. D., 1221 Faraon St., St. Joseph, Mo.

EFFECTS OF LEAVING INDULGENCE IN FLESH.

I quit eating flesh because it was disgusting to see the way it was handled from the time it was born until it was slaughtered and served. Since I became a vegetarian I have also got a firm hope of glory with Christ in heaven, and now I see things in another light. I think that when the millenium comes men will have to quit killing animals. I feel better than ever in my life before. I cannot see why people have continued so steadfastly in the habit of eating flesh, we ought to have quit long ago, seeing that God has provided so many things for us to eat. If it was absolutely necessary for man to kill and eat then we would have to do it, but it is an unnecessary, blood-thirsty practice, and my prayer is that it be done away with. I want to get acquainted with vegetarians in this state. Let us hear from you all for we are quite lonely sometimes.—Andrew H. Jacobson, Woodinville, Wash.

A FAMILY OF PRACTICAL VEGETARIANS

My sister and I are staunch to our colors and eat nothing which we are not sure is without meat. We are a family of four and also a servant and her child. She has become a good vegetarian, thanks to our cooking and teaching combined. She says she never felt stronger and better than since she lived with me. Her child has never eaten meat because he was made ill with it once, so we have no trouble. The other two members of our household, while not calling themselves vegetarians yet they are willing to let me continue house-keeping as I think best and they certainly look well and enjoy their meals.—Mrs. J. A. D., Flushing, N. Y.

Just to learn to love; to be just and kind, is all this old world needs to make of it a paradise.—Lydia A. Irons.



FOOD AND MENTAL SCIENCE.

MARY N. BROWN.

Since my last I have continued to test the matter of what sort and how little we can eat, and yet have health and strength. I lead a very busy life, one where both physical and mental labor is required, but particularly the latter. I rise at 4 A. M. and retire at 9 P. M. I eat plain corn bread, grits made of corn meal, some rice, oat meal, milk and butter, a few vegetables and fruits. I eat one meal per day as a general thing. I eat no meat, and nothing that has any grease about it, except butter. I fast one or two days every two weeks. I have fasted five days with happy results in feelings and health, and expect to take even a longer fast in April, perhaps ten days. I am satisfied we eat too much and of too rich a quality, though as vegetarians, we are free from the effects of *flesh diet*.

It almost seems strange to me that I could even have liked the flesh diet, it has such a cannibal aspect to it now. Some of my Mental Science friends say to me "why not eat flesh and anything we want? that we *can* do so through *will power*." (I am a M. S. in belief), and I reply "yes, and we *can* do without it through this *same will power*, and if we want a drill of exercise of this phase of will power we will find the chance right here in the subjugation of animal appetites.

Now let us reflect upon this: we say that the *will power* of a man is the real ego, the *vital* power, and so it is, and what is the will power but Love, the germ of universal life, en-sphering or externalizing itself in all creation?

As Swedenborg says "a man is *his love*, his desires," (diffusive love), so then will power carried out to its last analysis means love, or desire. It is my *choice, desire* to live a spiritual instead of an animal existence: hence it expresses itself in my *will* to conquer appetite or animality.

Now if a man is what he *thinks* (and this both nature and the Bible tell us is true,) *thence animals* are what *they think, feel, desire*, etc., just as man; and as *all flesh* is condensed thought, M. S. and "Esoteric" principles ac-

cording to Butler, so we partake of the thought of the animals in eating their flesh. It may be thought that the food, meat &c., taken in our stomach can not reach our mind, but this theory will not do, for look at opium and different vegetable and mineral medicines, how soon they reach the mind, I know this experimentally, I am not a C. S.

Now the hog is very uncleanly, and the love of eating (alimentativeness) controls it, while with cattle there is a species of contentment, a certain sort of endurance, it is true.

Now when we take treatment from a healer the seed of his thought is sown in our minds, and when we eat animals we partake of the condensed thought of the animals; and when we eat and assimilate it, the thought of the animal goes into us; it permeates our whole system, mind and body. This may sound foolish, but to any one who will lay aside prejudice, and study the methods of mind, it will be found true. And, outside of the psychic properties of the meat diet, it is the most indigestible food we can eat,—showing it is a *foreign* element introduced into the stomach, not man's natural food.

Then leaving these views out of the question, let us look at the degrading influence to those who are engaged in killing animals, and the suffering and cruelty cultivated in us, by killing or endorsing it.

It is wonderful how the sentiment of Vegetarianism is growing everywhere. I know a number who are "almost persuaded" to be out and out Vegetarians and who now use very little flesh.—Mrs. Lydia Irons.

Notwithstanding the fact that Mr. E. E. Howe, of this city, is a staunch vegetarian, he experienced no difficulty in pushing his bicycle last Saturday afternoon from Rev. Bischoff's at upper Lehigh to his home at First and Vine Streets, some 11 miles, in 44 minutes. He lost but a quarter of a minute in having to dismount to recover his hat which was blown off on the way. Mr. Howe is pleased to say that he has not made a "graveyard" of his digestive organs for over 18 years to date.—*Hazleton Plain Speaker, June 23, '96.*



PERSONS WON OVER.

MISS E. S. OAKLEY.

My experience in more than one instance has been very happy in the past nine months. I gave the March number 1894 of FOOD to an acquaintance of mine, as she was leaving for Boston, (she is not a vegetarian) and she quite unintentionally became the proselytizer of a gentlemen seventy-two years old, (whom I also know, and whom I had hoped would in some way be converted, being a worker in humane and christian work, (I had prayed for this). This lady left by mistake FOOD on the table in the house where she as well as this gentleman boarded, in place of carrying it with her to read on her way to Boston. The gentleman picked it up and when the lady returned in three weeks she found an almost full fledged vegetarian in the gentleman.

In my mountain experiences the past summer and autumn I made much progress with one lady. She is an earnest person, and was deeply impressed with the teaching in FOOD and our talks on vegetarianism seemed to open a new view of life to her. She became a subscriber in the month of August last.

Two Roman Catholic ladies were much interested in Father Paroli's account of how he became a vegetarian, and they decided to eat less meat.

At Richfield Springs, Floyd Williams, (12 years old) was sent as my escort on a drive round Canandagua Lake: we soon began to talk and I found a sympathetic listener, and one who had already begun humane practices, being a member of the Audubon Society. This little boy spoke of the life of the animals, and birds in their relation to us, in such simple yet comprehensive language as this: it would be very quiet wouldn't it, if there were no little birds and squirrels jumping about. This is very true, when we want no other company we love the company of the animals, their sympathy is just enough. Love the animals, and you have a hundred and more friends in a short time—devoted friends.

The principal of the Richfield Springs Union School, received my proposition to send FOOD to the School Library very graciously, and many no doubt are enjoying the privileges of reading "FOOD" in the village of Richfield Springs today, for Floyd Williams has also a copy sent to him each month

THE CUSTOM OF FLESH-EATING.

This custom has been pronounced by the highest scientific and medical authorities (including such men as Linnæus, Owen, Cuvier, Lawrence, Darwin, Ray, Sir Henry Thompson, Dr. Lyon Playfair and B. W. Richardson) to be a violation of one of the fundamental laws of man's being, and therefore totally unnecessary. Their verdict is confirmed by the Brahmins and Hindoos of India after thirty centuries of experience, and by the devout Buddhists of Asia after twenty-five centuries, by the Norwegian, Swedish, Russian, Finnish, Irish and Scotch peasantry, the Bedouin Arabs, the famous porters of Turkey and Greece, the conquering soldiers of ancient Rome and Sparta, the wrestlers and athletes of ancient Greece and modern Europe, the Carmelite, Franciscan, Dominican and Trappist monks, and by thousands of vegetarians of long standing in our own and other countries of to-day, who, although inhabiting every variety of climate and engaging in all kinds of physical and mental toil, testify that they are happier, healthier, and more vigorous than when they ate flesh as food.—*The Golden Age*.

One number of the F., H., & G. was received by a neighbor who let me read it and I like it very much. I believe it teaches the right way to live, and in time expect to become with God's help a thorough vegetarian.—Mrs. S. Loeffler, 913 Partridge St., Kalamazoo, Mich.

One of our regular physicians and his wife and daughters spent last afternoon and evening with us and are I think thoroughly convinced of the right of vegetarian truths and will begin to live them.—Mrs. Hortense Black, 1375 Central Park Boulevard, Chicago.



NUT CULTURE.

There is much encouragement to plant our native nuts and some of the foreign ones. As a rule, our indigenous trees are good bearers, and in Mr. Van Deman's opinion they produce nuts of better quality than foreign ones. The Chestnut is receiving the most attention now, and there are a few well-marked native varieties of value. Although they are smaller than the European varieties, they are of better quality and very productive. The best are Delaney, Excelsior, Griffin, Hathaway, Morrell and Otto. Rocky hillsides and other places unsuitable for tillage can be used with profit for nut trees, and they can be set about buildings and in pastures. The European varieties seem more profitable. It seems to be a rule that the more pubescence the nut has, the better its quality. European varieties are more fuzzy than the Japanese, and less so than the American sorts. The most prominent of these are the Paragon, Numbo, Ridgely and Han-num. Japanese chestnut trees have a more dwarf habit, and the nut has a bitter skin. They graft quite readily on American seedlings, and the best varieties introduced are Alpha, Early Reliance, Grand and Superb. Among the hickories, the best nut tree is the pecan, a native of our Southern States, and the shell bark hickory common throughout the Northern States. A firm in Pennsylvania ships more than twenty tons of hickory nuts every year. The nuts should be planted in rough places four feet apart each way and thinned as they grow. Seedlings are variable, and so they must be grafted. The principal varieties are Hale's, a large thin-shelled sort, Leaming, Curtis, Elliott and Mulford. Among the walnuts, our native butternuts may, perhaps, be improved, but the so called English walnut is the best of the family, although it is difficult to grow as far north as New York. There is no

doubt that nut trees are hard to graft and to bud. Evaporation should be prevented until the sap begins to flow. When the sap starts the grafts should be put in underground. The scions should be cut so as to have the pith all on one side, or, if necessary to graft above the ground, they should be covered well to prevent all evaporation possible.—*Garden and Forest*.—The culture of Nuts is attracting much attention and the result of the agitation will be an improvement in many farms and homesteads.

PEANUTS VS. FLESH.

My own faith in Vegetarianism strengthens with experience. I have made further experiments and find that fewer people would die of starvation if they knew that an able bodied man or woman can maintain life and a fair degree of physical strength for a period of time on uncooked peanuts and onions with a little salt. This is of course providing they have fresh air and there are none so poor that they may not have fresh air and plenty of it. The air enables us to assimilate all the nutrition in the food. It is said that American peanuts now form one of the staple foods of the German army. The American peanut is so much more reliable than American meat.—Mrs. Le Favre, Box 999, Chicago, Ill.—The rejection of American cattle and hogs by Germany and France, and the falling off of the consumption of meat in this country in consequence of high prices and diseased conditions, should lead Texas and other western ranchmen to give up the raising of livestock and induce the cultivation of peanuts, pecan nuts and other wholesome productions for which their climate is adapted, and they would enrich themselves by the change while they would supply good food instead of diseased flesh.



*Yours for Humanity.
Annie Force English.*



ANNIE FORCE ENGLISH.

“THERE is a fallacious feeling shared by physicians that flesh eating is essentially necessary for health, and that the results of abstinence therefrom would be to impair the vitality and debilitate the powers of the body and mind. In cases of this kind vegetarians are fond of bringing forward the example of those who are strict vegetarians and whose vigorous vitality and strong mental capacity are sufficient to refute any erroneous idea that flesh is necessary as an article of food. Such an example we take pleasure in introducing in the personage of Annie Force English, whose portrait is herewith presented. She has been a strict vegetarian for twelve years. She was not actuated to this course by any questions of health, but by the pure ethical ones and her disgust and horror at the useless sacrifice of life for food. She is a person of unusual vigor, mental and physical, holds her position of trust and confidence under the Government, and is especially commended for her faithful performance of duty under all circumstances, and her equally tenacious adherence to principle. She is as ruddy and fair-skinned as an infant; bright eyed, lithe and active although weighing nearly two hundred pounds, and may be seen going to and from her work through the crowded streets of Washington, mounted upon her wheel. It is needless to state she never requires a physician. She is of Quaker extraction and possibly the inheritance of those ideas of mercy and purity which this class of people peculiarly hold, may have in some sub-conscious manner influenced her action; yet it is not infrequent at this time when spiritual matters are receiving such universal consideration that children without previous instruction have turned with horror from flesh

when brought upon the table for consumption. She shows by her advanced thought that the adoption of vegetarian diet is naturally conducive to a higher and happier condition of life.”

The above was written by one of Miss English's many friends in Washington. We had the pleasure of reading a letter from her to the World's Vegetarian Congress in Chicago from which we quote:

“If temperance workers could but fully realize that abstaining from meats (which are stimulants in a less degree than whiskey) would, in a short time, effect a cure for the desire for intoxicants, they would become the strongest advocates of a vegetarian diet. The assertion can be proved by a fair trial, or by conversing with those who have experimented and accomplished the desired condition; the cases are numerous and can be cited by all who are interested in food & drink.”

During last summer, Miss English enjoyed her vacation from the duties at the U. S. Agricultural Department, Washington, at the home of a mutual friend near Vineland, N. J. where we visited and although the weather was excessively hot she seemed to delight in the active daily work on the farm. She is not only well posted in the theories promulgated at the Department, but is conversant with the practical details of farm labor and if she had to follow the plow as a means of subsistence she would be quite at home at it and would soon become a prize winner in drawing a straight furrow. She is a theosophist and believer in reincarnation. We never saw a person combining so much strength, courage, vigor and executive ability with the most delicate refinement and spiritual sensibility.

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Her influence in Washington among a large circle of the most intelligent people is cheerfully admitted and her personal popularity among all parties and the ability, fidelity and faithfulness with which she performs her official duties, place her where changes of administration are not likely to affect her position.

Should we be asked who in our opinion is likely to be the first lady selected by a president as a member of his "official family," as the cabinet is now called, we should not hesitate to say Annie Force English. As it is proposed to establish a Bureau of Domestic Science and this will probably be in the Agricultural Department, it looks as if the way was gradually opening for a lady to be invited to grace the ministry and who could be found so well qualified as one who has already successfully served in the Department about ten years, and whose executive ability and thorough knowledge of details are universally admitted?

Nations in Europe are well governed by Queens at their head surely there are ladies of the United States who might be wisely selected for heads of Departments for which they are specially qualified by ability and experience.

THE AUDOBON SOCIETY.

BY H. AUGUSTA HOWARD.

A reform journal, whose editor, I am glad to say, disapproved of any kind of feather wearing, reports the organization of a Bostonian "Audobon Society" whose members pledge themselves "never to wear any part of a bird or any feathers, except those of ostriches or of some of the domestic fowls which are killed for the table". The wearer of the ostrich plume vainly persuades herself that the feather is simply "pulled out" and the ostrich is "not killed". She is obliged to know that the quill is deeply embedded in the tender flesh, and would not readily persuade herself that a similar experiment could be practised on her own finger nails

"without suffering". But not to dwell upon this or upon the certainty that the wearing of any kind of feathers will keep up the fashion of wearing all kinds, what possible difference can it make to a victim whether it be killed to be eaten, to be worn, or to while away the time of its murderer? One murders for food; another, for feathers; another, for fun! alas! And all, in their tastes, give severally distressingly conclusive evidence of the low state of their development—the slowness of their progress from the barbarous. The "poor Indian" of "untutored mind" delights in his feathers: the civilized (?) woman delights in hers. The difference is that she arranges hers a little less formidably: and that her mind being supposably tutored, and there being consequently less room to account her feather-wearing an "error of the head", the inference must be the more discreditable to her heart.

The article further states that a similar society organized in Finland acquired a following of more than 11,000 within six months. If these women were children we might smile at their inconsistency as at the little girl, with the bird in her hat, who indignantly heaped invectives on the "horrid boy" robbing a bird-nest under her window; for in the case of the little girl, immaturity warrants hope of a more perfect fructifying of her humane instincts. Singular that a grown up woman can hug to herself the delusion that she is kind when in reality her humanitarianism means merely that other people should be cruel only in the particular way in which she chooses to be so.

The fact is, the meat-eater, though guilty of no other unkindness, is on a weak ground for attacking any form of cruelty. The sportsman they would shame for killing birds has always ready the unanswerable argument, "You eat them, or other creatures which had life." And the horrors incident to meat-eating, the days and nights passed by cattle in transit without food, or water, or proper ventilation, or cleansing; the crowding, and consequent trampling upon each other, some

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to lie for days in helpless agony before destination is reached; the merciless teasing and pelting and bullying by cruel drivers; the long-drawn-out agony which sometimes, after the horrid butchery, ends in being skinned before death—all of this is well known to be, in many instances, far worse than some of the milder experiments of the vivisector, though we would not be construed to apologize for that most atrocious of practices. But it is not too severe to say that for the meat-eater to inveigh against other forms of cruelty is as if the petty thief should preach honesty to the burglar.—H. Augusta Howard.

A VETERAN'S TESTIMONY.

I am now a thoroughly established vegetarian. I look upon nothing as proper for food but the grains and fruits. When the Lord created man He appointed his food, the food then prescribed has continued to be, and is now the best for man. I confine myself strictly to grain, fruit and some good vegetables. Being entirely without teeth, most of my food must be cooked and prepared so as to be quite soft. My health seems to be better established than it has been for years. I am buoyant in spirit and physically in every action. I am actively engaged every day from eight to twelve hours and enjoy it. I have all my food cooked well and plainly. I do not use condiments of any kind. I think steam cooking better than any other process. The natural flavor of the grains, fruits and vegetables is better preserved by this process. Food is more gratifying to my taste, and more satisfying to my natural wants, the freer it is from all seasoning. I was 78 the 22 of Nov. and the long cold winter has not kept me in doors.—J. M. Buell, 4509 State St. Chicago.

Come gentle Spring and fill our hearts with joy:
With flowers and fruits our grateful thoughts employ!

F., H. & G. received with real pleasure; and read with more pleasure. I pray the good paper may now go forth on its mission with God's richest blessing, doing God's good work, and doing it in ever larger numbers of calls; and rejoicing new vegetarians whom it shall have won over to the Edenic diet.—A. T. de Learsy.

"CHICAGO VEGETARIAN SOCIETY"

ADDRESS OF WELCOME BY THE PRESIDENT,
ALBERT A. SNYDER, AT THE SECOND ANNUAL
BANQUET.

This is an age of progress.

Probably no reform, no movement which has for its object the advanced movement of mankind, has ever been in a more flourishing condition than it is today. It is so of the food reform movement. And it is true of the Chicago Vegetarian Society.

The progress and growth of the cause of vegetarianism in a city famed for its slaughter-houses must be regarded with joyful feeling and increasing hope.

This society came into existence less than four years ago, with a membership of five. Today it is the largest local organization of the kind in the United States. New names are every month being added to the membership roll. The brightest and brainiest men and women in all classes of business and in the professions are taking the heartiest interest in the organization and in its work.

That the society will continue to make converts and gain in power and in influence I have no doubt. Yet I am not optimistic enough to believe that its work will be completed in the near future. There are too many influences working against progress. The influences of bigotry, of superstition, of ignorance, are strongly against advancement.

It will take years and years to get the people out of the rut in which they are living. It may take centuries to lead them out of the footsteps of their ancestors, who had not the same opportunities for the acquirement of knowledge as the present generation.

We know that most people live as they do, and think as they do, because their parents, and their grandparents, and their great grandparents lived in the way they are living, and thought the thoughts they are thinking. It has never occurred to them to go higher.

How much more rapidly civilization would progress if the masses could learn to think and to investigate! The world is in need of investigation along many lines.

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There is urgent need for an investigation of the diet question. The food problem may seem an insignificant one to those who have given it no thought, but viewed from the standpoint of vegetarianism, it is a momentous one. I may be prejudiced when I say it but, I honestly believe that the universal acceptance and adoption of the vegetarian idea would mean the banishment—indirectly, if not directly—of most of the ailments and troubles which perplex human kind. Drunkenness and cruelty would be unknown. War and war scares would be unheard of. There would be less sickness and less poverty. There would be little excuse for the existence of jail houses, and insane asylums would cease to exist. There would be a better observance of the golden rule.

The Chicago Vegetarian Society is glad to extend the hand of fellowship to the other societies of reform represented here this evening. We consider all of these reform movements not only useful and commendable, but urgent and necessary. After all, we are only working to a common end—the enlightenment and the betterment of humanity.

Let us all, in our work, continue to battle honestly and honorably, aggressively and unceasingly, for the sister reforms and the principles which they represent, and may the knowledge that our common cause is a just one give a vigor and constancy to our work that will result in a final victory for the right and the truth.

It is a pleasant privilege to greet you this evening in the name of the Chicago Vegetarian Society, to wish you a happy Thanksgiving day—if it is not too late in the day—and to express the hope that you have all enjoyed this turkeyless and wineless dinner, gastronomically speaking and that some, at least, may be benefitted by the intellectual feast which shall follow, that some may gain thereby, new ideas and strength; and that you will all wish to join with us in the celebration of another such event next year. And the next. And the next. And many more.

The ox is made to yield its useful life
That man may have contentment, war and strife.

A BUTCHER INTERVIEWED.

Finally the butcher appeared. He said that he never expected he would have gotten into his present business, but now being in, he would probably continue it. He did not like the business but thought that as somebody had to do it, doubtless he might as well be that chosen one! I told him that it was a business I should greatly dislike, as I could not bear to give pain to any animal. He agreed with me that there was truth in this view. He did not believe that the cows suffered much because they were knocked senseless by the axe, but he thought it must be very painful for sheep, because they get their throats cut, and do not die very speedily. He said he had become so hardened to death that he often felt willing to kill a man when entering into a dispute with him (I took care not to provoke him).

Just think of a business which creates such feelings in a man! Imagine a business which would tend to make a man a thief. That would be bad enough, but to make a man fit for a murderer! Naturally enough where the life long occupation is to take and destroy life, destruction of other forms cannot be especially difficult. Thus the abominable custom of meat-eating is accountable for the degradation of a large class of our fellow men. If there be truth in Christ's assertion that if a man think murder in his heart, he is already a murderer, then can we not hold accountable the custom which necessitates the creating of such beings?—Edward E. Howe, Hazelton, Pa.

FOOD, HOME AND GARDEN with 10,000 subscribers would become self-supporting, even at 25 cts. a year. We prefer to send it to 10,000 persons to charging \$1.00 a year each and sending it to only 2,500 subscribers. We invite all our present subscribers to give this increase by sending \$1.00 and 4 names because it is essential to the success of our undertaking and the accomplishment of the work for which the paper has been established. Have you done this? Please do not delay.

The apple tree yields up its fruit to man
That peace and joy may fill life's varied span.

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BOOK NOTICES.

The Vegetarian Review, London, England.
\$1.00 a year. Improved Series. V. S. A.

The organ of the Vegetarian Federal Union. It is publishing a series of illustrated articles on "Vegetarianism and Vegetarians in America" by the President of the V. S. A. They commenced, Jan. 1897, with a sketch of Dr. Franklin, Feb. no. the B. C. Church, March no. the Graham Movement.

The Chicago Vegetarian : 50 cts. a year.
Published Monthly. 46 Mc Vickar Building, Chicago.

The neat little monthly has become a necessity to the Vegetarian movement in Chicago where there are four Societies & a club to be reported and notified of meetings and where a Banquet & a Thanksgiving feast have become annual occurrences. We hope it will be well sustained. It has a good deal of vital business pluck and energy and is in good hands.

The Sons of Ham : Tale of the New South.—Louis Pendleton, Boston : Roberts Brothers, Philadelphia : J. B. Lippincott & Co.,—Cloth \$1.50

This interesting story is descriptive of the present condition of society, white and colored of the Southern States. It seems fair and impartial but with a strong tendency towards African Colonization. We regard the idea as impractical if not impolitic. The largest portion of the labor of the South can be best done by the sons of Ham and there are no white laborers who desire to compete with them in cotton and sugar growing. There are bad elements both white and black and if these were weeded out by conviction and transportation to some well ordered penal colony in our possession all disturbing causes might be removed. If each state would encourage industry and enterprise instead of loafing and lynching there would soon be nothing to complain of.

The Fat of the Land and How to Live on It.—Ellen Goodell Smith, M. D. Price \$1.50. V. S. A., 310 Chestnut St., Philadelphia.

The most practically useful book bearing on Vegetarianism, Hygiene, Peace and Economy that has yet been published. It contains important information from every available source on the subjects treated. Its directions for making bread are alone worth the price of the volume, but its recipes cover the ground of Hygienic living without going to the extreme of simplicity. Dr. Smith has brought together a mass of information which is invaluable to those who desire to get the

good out of the Vegetarian system in a hygienic sense and there are many old established vegetarians who could profit by reading the book and trying the suggestions it contains.

The chapter on Vegetable Oils, a subject to which Dr. Smith has devoted much attention and on which she has experimented a good deal, is very suggestive. She truly says: "we require a certain amount of fat and the fats obtained from seeds and nuts are superior in every way to animal fats and wherever introduced their own merits will guarantee their permanency." She then describes the oils obtained from the olive, cocoanut and cotton seed as those most available at the present time. But it is almost impossible to obtain the olive oil unadulterated, two thirds of the oil sold for Olive being produced from the seeds of cotton.

Dr. Smith speaks very highly of the American Cocoanut butter, prepared by the Pure Food Product Co., Chicago, and sold by the Vegetarian Society, which she has tested and become satisfied.

Her personal experience with Diamond Butter Oil is quite amusing. She prepared a Thanksgiving Dinner, using the Diamond Butter Oil only, in the pastry and in cooking, but without informing the guests. After dinner her guests were speaking in high terms of their dinner and remarked that they had none of the drowsiness and other unpleasant symptoms which was usual with them after a Thanksgiving Dinner where turkey &c. had been served. Dr. Smith then informed them to their surprise, that no milk, cream, butter, animal fat of any kind had been employed in the cooking of the dinner. Explanations and recipes were freely given and her friends have since used daily this Diamond Butter Oil which is literally "the fat of the land."

These friends have found that the desire for animal food and the consumption thereof has greatly diminished. She also relates that persons subject to rheumatism and neuralgia have been entirely free from it since using vegetable fats and discarding animal food, butter and milk. Others have escaped common colds and La Grippe although living in the midst of these troublesome winter complaints. This corresponds with our own experience this present winter. We have been surrounded by persons suffering these winter complaints and yet have escaped them all, having used cocoanut butter even as a table butter as well as for cooking.

This book should be in every kitchen in the land and then there would be little sickness winter or summer.

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BENJAMIN FRANKLIN.

AN ADDRESS DELIVERED AT THE DECEMBER MEETING, 1896, OF THE WEST SIDE BRANCH OF THE CHICAGO VEGETARIAN SOCIETY, BY REV. HENRY S. CLUBB, F. E. GREEN, PRESIDING.

Among the vegetarian experimenters of the 18th century, were Tryon, Sir Isaac Newton, Swedenborg, Wesley and in America, Benjamin Franklin.

As a practical philosopher Franklin stands the most prominent of the century in which he lived. His views on vegetarianism should be better understood.

He places his vegetarian habits in his youth among the things that contributed to his remarkable success.

Born in Boston, Mass., Jan. 6th, 1706 old style 17th new style.

He was the youngest of fifteen boys in a family of 17 children.

Apprenticed to his brother to learn printing.

Tryon's *Way to Health Long Life and Happiness* fell in his way and as it recommended vegetarian diet he determined to try the experiment of living without the flesh of animals.

He proposed to his brother that if he would pay him half what he was paying for his board, he would board himself. This being readily accepted, he found he could board himself on vegetable food for half the amount his brother paid him and he devoted what he saved in this way to the purchase of books. He states he had another advantage: while his brother and the rest were gone to their meals he quickly dispatched his light repast, consisting of a biscuit, or slice of bread and a handful of raisins or a tart and a glass of water, and had the rest of the time till their return for study in which he found he "made the greater progress from the clearness of head and quicker apprehension which generally attend temperance in eating and drinking."

Here Franklin distinctly affirms the position taken by Sir Isaac Newton, Swedenborg, Wesley and Sir Isaac Pitman.

Franklin's success as a writer commenced at this time as shown by the contributions he made to his brother's newspaper, the *New England Courant*, of which he relates an interesting anecdote. He was at work as an apprentice at the case when his contributions were criticised and attributed by the editorial staff to persons of high character for learning and ability.

Benjamin long before his term of apprenticeship had expired, became editor and manager of the paper.

His brother, however, still imposed upon him the hardships of an apprentice, and he determined to leave him.

He made his way to Philadelphia as a tramp in search of work. He there bought three penny rolls and while eating one had the others under each arm while walking the streets of Philadelphia.

He soon procured work with Mr. Bradford.

He relates how he attempted to make a vegetarian of his friend Keimer who was very fond of flesh meat and a voracious eater. Keimer wanted to start a new religious sect and he wanted Franklin to aid him by his argumentative ability. Keimer adopted the 7th day Sabbath and the Nazarite beard. Franklin disagreed with him in this and therefore proposed as a compromise to adopt Keimer's views on the Sabbath and the beard if Keimer would give up eating the flesh of animals. Keimer agreed on condition that Franklin lived in the same way. They continued three months to the great amusement of Franklin who saw that Keimer was all the time longing for "the flesh pots of Egypt" as he pronounced it. Then Keimer ordered a roast pig and invited several friends to partake but so impatient was he and so hungry for the pig that he actually ate it all before his guests arrived. During this experiment, although their cook provided some 40 different dishes in rotation, under Franklin's recipes, the cost did not exceed eighteen 18 cts. a week each.

When working in London as a journeyman printer he was accustomed to carry two forms

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upstairs, one in each hand while all the other printers took two hands to carry one form. They were beer drinkers and beef eaters while Franklin drank water and preferred vegetarian fare.

He speaks with great respect of a Catholic lady who lived as a nun, in London, who devoted her fortune to charity and subsisted on oatmeal and water gruel, who although pale was never sick.

The proverb "Seest thou a man diligent in his calling he shall stand before kings" was, he says, literally fulfilled in his case as he stood before six, and one of them, the king of Denmark, invited him to dinner.

Franklin was to the 18th century what Edison and Morse and Bell are to the 19th. For the great achievements in electricity which will ever distinguish the 19th century, Franklin, with his simple habits and his experiments, prepared the way in the 18th, and how far the world is indebted to him and his clear headed perception can never be fully developed or known. The electric light, the electric motor, and street car, the electric telegraph and phonograph and the cable that encircles the globe, had their germ in the kite string of Franklin that brought an electric current from the clouds and established the identity of the lightning flash with the electric current that has exceeded even steam in its value and usefulness.

Germany reports a stone shoe sole.—*Chattanooga Times*.

THE BOARDER'S QUESTION.

"Madam," said the star boarder, "we had this chicken for dinner, yesterday, did we not?"

"Yes sir, we did" replied the mistress.

"We also had it for breakfast, to day, did we not?"

"Yes sir," came the response.

He looked sad as he solemnly gazed at the fowl for lunch, and asked: "When may we take a last look at the remains?"—Adams "Freeman."

1897

THE GNAT AND THE CAMEL.

Johnnie put a live eel in the water they drank:
All hands cuffed him for being so vicious,
Then they murdered the eel and devoured its corpse,
Smacked their lips and said "eels are delicious".

—Chas. E. Nichols.

THE MOTE AND THE BEAM.

They voted the Chinaman "heathen",
Because of his eating raw fish:
Then they swallowed raw oysters, spawn, entrails and all,
And said, "What an exquisite dish."—C. E. Nichols.

MY SEVENTY-EIGHTH BIRTHDAY.

I have long been known as a vegetarian and could now pass for a man ten years younger than I am. I am 78.—J. H. Hanaford, M. D.

My lamp of life is burning low,
Its light is dim and faint of late;
The fleeting moments come and go,
And now my years are seventy-eight.

In life's fair dawn a star drew near,
A welcome, twinkling radiant star;
It hovered o'er my path to cheer,
And sent its gentle rays afar.

It higher rose as years passed by,
Ascending ever day by day,
Until it reached a point on high,
As on it pressed its upward way.

As boyhood's stream still onward flowed,
And sought a gay and pleasant clime,
That young star in brightness glowed,
And reached the zenith in its prime.

But soon a downward course it sped,
As mortal years then flitted by,
And dimmer, fainter beams it shed,
As fast it neared the western sky.

Ah! soon that stream must cease to flow,
The "Sands" of life be hushed and still;
How soon blind mortals cannot know,
But only heed the Savior's will.

Reading, Mass. Jan. 27, 1897. —J. H. Hanaford, M. D.

THE CONN. DEACON AND THE CLAMS.

A good old deacon in Connecticut was very pious and fond of clams. When once upon a time he attended a Rhode Island clam-bake, he overtaxed his capacity and was sorely distressed. But his faith in prayer was unabated. Leaving the party, and going down on his knees behind a tree, he was heard to supplicate: "Forgive me, O Lord, this great sin of gluttony. Restore my health, and I will never eat any more clams." Then, after a pause—"very few—if any. Amen."—This must be true because it was published in *Dumb Animals* edited by an Angel.—Ed.

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Food, Home and Garden

PHILADELPHIA, March, 1897.

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

We make no apology at this late date for publishing the manly address of Albert H. Snyder, delivered at the Vegetarian Banquet in Chicago. There is much more of that Banquet deserving of permanent record and extended circulation.

We know persons who have introduced to their diet nuts, ground and prepared by the Vegetarian Society mill, who have this season improved greatly in health and have escaped the usual sad experiences attending the variable climate of an American winter.

We are glad to see that the *Journal of Zoophily* has concluded to publish the excellent address of Mrs. Fairchild Allen delivered at the Vegetarian Banquet in Chicago last Thanksgiving Day. Mrs. Allen of Aurora Ill. and Mrs. Irons of Athol, Dakota, both prominent in the anti-cruelty movement, are both courageously standing up for vegetarianism as the true basis of that movement.

Do not be discouraged. All this wickedness is permitted that the good and the true may have something to work at to counteract it. We are not responsible for it, except so far as we have ability to prevent it and do not do it. Faithful work is the panacea for all this cruelty and the spirit which Christ brings into the world must eventually triumph. Or if it does not, let us clear ourselves of the responsibility by doing our best to diffuse it: "Blessed are the merciful for they shall obtain mercy."

We believe, speaking from experience, that if a fine vegetable oil like that refined from

the cocoanut were to be used freely instead of animal fat, both externally and internally as a lubricant that rheumatism, neuralgia, coughs, colds, la grippe &c., so common this winter would be almost unknown. It is proposed to commence the manufacture of cocoanut butter in Philadelphia and if it should be the means of bringing this valuable product into general use it would raise the health rate and reduce the death rate of this city beyond all computation. The demand for Cocoanut butter for laboratories and confectionaries is increasing so much that additional refineries have become a necessity of the trade.

H. Augusta Howard seriously wrestles with the Audobon Society and maintains that to be consistent in its professions of humanity it must come up to the Vegetarian standard. While we have a right to ask of our Audobon friends a fair consideration of the subject, we appreciate the fact that the study of Natural History must lead to a more cordial sympathy between man and his wards: the animals, birds and fishes. We can never understand the real value of these living creatures while we kill and eat them, any more than the cannibal can learn Christianity by killing and eating missionaries. All these creatures, as created alive, are intended to and are capable of doing great service to those who will study their nature and habits, but when dead they pollute the atmosphere and soon become an offence to our senses, while they become the innocent cause of sickness and death to their destroyers.

DISEASED PORK.

A recent number of the *Seattle Press Intelligencer* gives an account of three cases in Aberdeen, Washington, where the patients are suffering from trichina spiralis, the deadly worm that enters the human being's tissues from diseased pork. Dr. S. J. Holmes of the Board of Health, Seattle, has made microscopic examination of the pork with the result that he found that the little piece of pork in his possession contained the deadly worm.

March,



Those using imported bacon, or pork in any form should be careful to have it thoroughly cooked or fried which is the only safeguard.—**Newspaper Cutting.**—Yes, if you must eat these deadly worms have them nicely cooked—delicious worms that eat the bodies of animals!—Ed.

THE BRANCH SOCIETIES.

The four branch Vegetarian Societies in Chicago and the Philadelphia Society continue to hold their monthly vegetarian meetings with unabated interest. Our readers everywhere are invited to attend these meetings whenever convenient to do so.

BUREAU OF DOMESTIC SCIENCE.

We understand that Senator Kyle proposes the establishment of a Bureau of Domestic Science in which the subject of Food for man will be studied and developed. It has long been customary with the Agricultural Department to give instruction as to the best food for animals, while the best food for man has been overlooked. This omission will be supplied by the Bureau of Domestic Science which will include cookery and the preparation of food. Although it may not, at first, be along Vegetarian lines the more the subject is studied from a scientific and humanitarian standpoint the more it will become evident that the direct products of the field, orchard and garden are the most conducive to human health, economy and enjoyment of life.

ADVANTAGES OF ORGANIZATION.

When we invite vegetarians to join the Vegetarian Society of America and to co-operate in sustaining the organization by contributing to its fund there seems to be little conception of the value of such co-operation as only one in ten or less of those we invite join. But the advantages of the organization are being felt by all. We are continually introducing to each other persons of similar tastes and objects in life as we by correspondence are able to do. The result in some cases is marriage. In other cases life long friendship, which may be better than marriage. In

other cases co-operation efforts of immense value and result, so that a central office, with an organ, is of immense value to all.

We are continually receiving letters of inquiry and we endeavor to meet every case with a corresponding benefit by introducing new personal acquaintances.

It does not seem right that the labor of such great value to others should be so inadequately sustained. Many who get the full benefit of it sometimes do not even join the society or send a stamp for postage, while the clerical work is performed almost without compensation. Will not our friends sustain the society in this useful work?

OUR ABATTOIR.

Complaint was recently made to us of cruelty in the preparation of cattle for the Jewish butchers at the Abattoir. We wrote President S. S. Learned of the Abattoir Company, who promptly replied that the cruelty should be stopped. We also wrote Rabbi Raphael Lasker, who also promptly replied that he would aid in stopping it, and we have the pleasure of assuring our readers that it has been stopped.—*Our Dumb Animals.*

Now that the president of the Abattoir Company and Rabbi Raphael Lasker have promised cruelty shall be stopped, it would be interesting to know how it is done. The usual punishment for assault or cruelty is much less than for killing, the latter being the greatest crime. Or will the friends of animals adopt some method of killing by kindness? How delightful it must be to these Boston animals to fall into the hands of a kind butcher!—A man who will cut their throats or strike them on the head with the *intention* of killing kindly, when if they dodge, the blow may fall short and strike an eye or nose.

MERCY.

Here will I hold : if there's a power above us,
(And that there is all nature cries aloud
Through all her works,) He must delight in mercy:
And that which he delights in must be happiness.

—Addison.

—Happiness for all his creatures.—Ed.

Food, Home and Garden

THE FIRST VEGETARIAN SUPPER UNDER THE CHRISTIAN DISPENSATION

Attending this beautiful banquet, which is held to set an example to mankind of blending the principles of humanity and kindness with our Thanksgiving festival, to show that the sacrifice of life is not necessary to our gratitude or enjoyment, reminds me of a similar reform introduced about 1,860 years ago.

It had been customary from a traditional practice of the House of Israel to make an an-

was the first vegetarian banquet under the new dispensation, and it has been adopted in nearly all Christian churches and has superseded the animal sacrifice.

It is true the institutor of this new and merciful order of worship was, so far as his material body was concerned, made a victim, but he rose again from the dead and his birth and resurrection are celebrated at two of the great festivals, called Christmas and Easter, and all men are being drawn unto him.—*Speech of Henry S. Clubb at the thanks-*



nual feast, called the Passover, and at this feast an innocent lamb was the victim and its slaughtered remains were partaken of by the guests. (Now the yearly victim is an innocent, harmless bird, called a turkey.) But then there came a great Innovator who had a little company of apostles. And he taught them the best way of showing their gratitude to their Heavenly Father for rescuing them from Egyptian bondage and the bondage of sin. It is said He took not a leg of lamb, but a loaf of bread, gave thanks and break it, and gave to the disciples and said: "Take, eat; this is my body which is given for you; this do in remembrance of me. And he took the cup in like manner and gave thanks, and gave to them saying: This cup is the covenant in my blood which is poured out for you. Drink ye all of this. This do as oft as ye drink in remembrance of me. And they all drank of it. This

giving Banquet of the Chicago Vegetarian Society, 1896.

The beautiful engraving of the "First Vegetarian Supper" was specially engraved by our earnest friend Emil Hensler of Detroit and presented to us for FOOD, HOME and GARDEN, to accompany a report of our remarks at the Chicago Thanksgiving Vegetarian Banquet where we essayed a history of Vegetarian Banquets and had to begin with the first one. We also described the first one we attended at Heywood's Hotel, Manchester, England, July 28th, 1848, where Joseph Brotherton M. P. presided. About the time we were speaking in Chicago a similar reference to the Lord's supper was being made in England.

The spirit of cruelty is the deadliest enemy to a high civilization.—C. C. BONNEY, Pres. World's Fair Congresses.



Apple Blossom Society



From *Antivivisection*.

I USED TO KILL BIRDS.

I used to kill birds in my boyhood,
Bluebirds and robins and wrens;
I hunted them up in the mountains,
I hunted them down in the glens,
I never thought it was sinful—
I did it only for fun—
And I had rare sport in the forest
With the poor little birds and my gun.
But one beautiful day in the spring time
I spied a brown bird in a tree,
Merrily swinging and chirping,
As happy as bird could be,
And raising my gun in a twinkling,
I fired, and my aim was too true;
For a moment the little thing fluttered,
Then off to the bushes it flew.
I followed it quickly and softly,
And there to my sorrow I found,
Right close to its nest full of young ones,
The little bird dead on the ground!
Poor birdies! For food they were calling;
But now they could never be fed,
For the kind mother bird who had loved them
Was lying there bleeding and dead.
I picked up the bird in my anguish,
I stroked the wee motherly thing
That could never more feed its dear young ones,
Nor dart through the air on swift wing.
And I made a firm vow in that moment,
When my heart with such sorrow was stirred,
That never again in my lifetime
Would I shoot a poor innocent bird!

FROM A R. I. APPLE BLOSSOM.

DEAR MR. CLUBB—I want to write you a little letter, I came to live with Mr. and Mrs. Bailey one year ago. I never heard of vegetarianism before I came here. For a year I have not eaten any animal food. Mamma hired me to leave off meat, tea and coffee. Now I am sure I am much better without them and I know it is cruel to kill the poor animals to eat them.

I am eight years old, but little I suppose. I never intend to eat any dead animals again as long as I live. I think fruit very much better and purer.

I wish some vegetarian children would write to me. Good-bye, Anna Bowen Bailey, 177 Ivy St., Providence, R. I.

A BRIGHT SCHOLAR.

I have a sister who has not tasted meat for four years or more. She is fifteen years old and one of the brightest pupils in the Seattle High School. She has more grit and energy

than any girl I ever saw and she is the only one among all the girls that does not eat meat.—A. H. Jacobson, Woodinville, Wash.

A VEGETARIAN CAT.

Our pet cat has become a good vegetarian cat: eats brown bread and butter dipped in lentil soup, and all vegetables cooked, except tomatoes. Cucumbers raw are a favorite dish, and plenty of milk, now and then, as a great favor, he has a little honey or malt (dry extract) which he enjoys very much.—Mrs Drake, Flushing, L. I.

A MOTORMAN'S KINDNESS.

While passing Third ave. one summer evening I saw a little kitten in the middle of the track. A car was coming full speed down the track and I thought every moment the poor creature would be killed. To my great surprise the car came to a stop about a foot from the kitten and the motorman waited to see if it would run away, but it only ran around in front of the car. A little boy, standing near, picked up the kitten but it jumped out of his arms and stood again on the track. At last the motorman got down from his car, picked it up and walked across to the corner, and put it on the sidewalk.—May L. Geary, N. Y.

TO OUR APPLE BLOSSOMS.

We once more are delighted to greet our dear young friends who are striving to live gentle, loving lives and to abolish the practice of killing our fellow creatures merely to gratify our love of killing as sport, or of eating their dead bodies.

As we are trying to communicate with you every month, we hope you will also try to make this certain by helping in the circulation of *FOOD, HOME & GARDEN*. This you can do by sending us the names and addresses of all your friends to whom you would like a sample copy sent. Also by obtaining subscribers whom we will supply, on your order, four copies for one dollar.

Then write us your own case; how you came to leave off eating the flesh of animals and how it has improved your health and complexion and given you a happier life to do so. Write short letters, but write often.—Ed.



"FRUITS, NUTS AND VEGETABLES."

A valuable little book published by the Vegetarian Society, England, is a lecture delivered by Albert Broadbent Sec. of the Society, on the above subject. In this booklet Figs, Dates, Prunes, Raisins, Bananas, Grapes and Apples are regarded as of the highest food value, while vegetables are regarded as of little value as food: the potatoes ranking the highest and the carrot next, but of more value than the potato, hygienically speaking, we think Mr. Broadbent means, although he calls it "medicinally". We do not quite agree with the author that vegetables are taken by Vegetarians for the medicine they contain. Medicines are remedies, while vegetables are taken as wholesome foods to maintain health, on account of their health promoting qualities.

It is true that both fruits and Vegetables are useful to take to relieve certain diseased conditions, yet they are food and not medicines and Vegetarians taking a moderate proportion of such foods will generally avoid diseased conditions and therefore will not need medicines. The booklet should be in every Vegetarian home and as it can be had for 5cts. it would not be just to the author to quote largely from it. For deep-seated, blood ailments the author contends that vegetables are better than fruits: celery and onions are specified as excellent for purifying the blood.

I am much pleased to again have the pleasure of reading a copy of F. H. & G.—S. W. Snyder, Centre Point, Linn Co. Iowa, Centre Point Nursery.

A CHEESE FOR REGENERATIONISTS.

Here is a recipe for making a cheese, which we all find delicious. It has also the great advantage of being hygienic, inasmuch as there is no salt in it, and the milk from which it is prepared is sweet and fresh. It is also fit for the humanitarian as well as those vegetarians who indulge in animal products. Ordinary cheese is produced by the introduction into milk of rennet, which is (as my readers know) the inner membrane of the calf's stomach.

The cheese I am introducing, and which I first made 17 years ago, is composed of fresh sweet milk and fruit juice. Perhaps the pine-apple is the best kind of curd-producing fruit there is, but lemons are always cheap and handy, so I have preferred to employ them. A supper composed of such cheese, eaten with sliced tomatoes, or even with sliced cucumber, and flavored with lemon-juice, would not be a forerunner of the dreaded night-mare. No calf need be slain, nor the butcher in any way applied to. The only drawback is that the cheese must be made frequently; but when once the housewife has become accustomed to its production, the trouble is trivial, and occupies but a few minutes.

Cheese is forbidden in my *Rules for the Maintenance of Health*, but such hygienic, vegetarian, and humanitarian cheese as this can be eaten not only with impunity, but with benefit. And the whey which is drawn off from the cheese, if sweetened and diluted with barley water, forms a delicious summer drink, and a splendid febrifuge and sudorific. —*Herald of Health*.



FOR A MARCH TEA.

MENU.

Grape Fruit.		Apples.
Parsnip Croquettes.	Steamed Carrots.	
	Sandwiches (nut and celery.)	
	Lettuce.	
	Crackers (oatmeal, graham and fruit.)	
Whole Wheat Bread.		Date Bread.
	Nut Butter.	
	DESSERT.	
Tapioca Pudding.	Warm Maple Sugar	
	Sassafras Tea.	

RECIPES.

Nut Sandwiches.—Grind English walnuts, hickory nuts or pecans fine, and add one-third as much celery chopped fine. Add sufficient salad dressing to spread easily and place between slices of bread and butter.

Celery Sandwiches.—Chop fine several stocks of celery (the heart and all) and add sufficient salad dressing so it will spread easily. Cut in fancy shapes. All sandwiches should be kept moist by wringing out a napkin in cold water and placing over them.

Parsnip Croquettes.—Boil and mash parsnips fine. Then to each pint of them add a teaspoonful of salt, two tablespoonfuls of melted butter, a dash of pepper two tablespoonfuls of milk. Mix well over the fire, and when smoking hot add a thoroughly beaten fresh egg. Spread the mixture on a dish to cool, and take the nut of an English walnut, an almond or a pine nut, and roll around it the parsnip pulp until you have a good-sized nut. Roll in egg and cracker dust, fry a light brown, in plenty of butter, and serve hot.

Apple and Banana Salad.—When ready to serve, slice the apples and bananas. Mix well with a mayonnaise dressing, which can be prepared the day before, if necessary. Serve on the crisp, white leaves of lettuce. Do not allow this salad to stand long after preparing, as the apple and banana will both turn dark. The fruit should be placed in a very cold place in the early morning, as well as the lettuce, so that all may be crisp and cold.

From Mrs. Haviland, New York.

Date Bread.—Add chopped dates to graham sponge just before forming into loaves.

From Miss A. Nichols, Philadelphia.

Tapioca Pudding.—1 cup of coarse ground tapioca, $\frac{2}{3}$ cup of sugar, 1 pt. of milk, 2 eggs, well beaten. Stir all together and flavor with nutmeg or lemon. Best to soak tapioca in water over night.

Warm Maple Sugar.—Take a cake of maple sugar and break it up, put in a porcelain dish with a little cold water and boil slowly until it waxes. Serve while hot and stir as you partake.

NUTS FOR FOOD.

The value of nuts for food for the human family is not less than it was when many years ago they formed a larger part of diet. To return to their greater consumption as food would be to increase length of life, as well as health, of those who consume for food the natural products of trees, as well as the vegetables, so well adapted for food.

The free use of fruit now that it is becoming more general, and no doubt would be a very effective cure for many of the ills to which our bodies have become subject. Cheerfulness should be more cultivated than it is and the free use of nuts, fruits and vegetables will go very far towards its accomplishment. One sour dyspeptic face will affect the spirits of many who would look upon the brighter side of life. A cure would be easily effected by eating fruit oftener and less of the heavier foods, especially animal. The attention of the Department of Agriculture at Washington has been called to the great value of the Pecan, and after a thorough investigation they are now advising planting of them all over the United States, both as a food product as well as the great profits in growing them for market. The pecan stands at the head of all American nuts for food and is universally liked. Growing only on this continent growers have the world for their market so there can be no fear of overstocking the market for generations. As to profits in their growth there is no wild tree that can be easier domesticated nor one which can be more rapidly brought into large bearing.—HERBERT POST.



ARBUTUS.

Oh, sweet Arbutus, with thy pinky flowers,
From underneath dry shrivelled leaves come forth;
Spring, on whose soft advance grim Winter lowers,
Has driven her adversary to the frozen North.
The sighing South wind stirs the withered grasses,
In yellow sunbeams darting blue birds sing.
From thy sweet, faintly tinted stars there passes
The first rare fragrance of the coming Spring.
Oh weary heart, whose Winter seems unbroken,
Take courage, 'neath the snow fair flowers cling;
Take the Arbutus blossom as a token
From that fair land where reigns eternal Spring.
L. C. W.

The German farmers of Pennsylvania have extremely healthy apple trees by washing the bark with lime.—*Meehan's Monthly*.

Vegetarians should experiment in growing fruit and vegetables of the finest flavor by using vegetable and mineral fertilizers instead of animal manure that spoil the flavor.

PRESERVING BEANS AND TOMATOES.

Miss E. K. Shier, Wolf Creek, Tenn., desires recipes for preserving string beans and keeping ripe tomatoes for winter use in brine and without vinegar. Will our friends kindly send us some they have tried?

CATHEDRAL OAKS, CALIFORNIA.

Mr. H. Wallenstein who is planting his fine ranch, Cathedral Oaks, Santa Barbara, Cal., with fruit, nut, olive and eucalyptus trees, is about to erect a cottage. It is well sheltered and yet furnishes delightful landscape views of ocean, mountain and island scenery in a perfect panorama. He says there are openings for a steam laundry with a good natural supply of water, cheap fuel &c., wood cutting, bent wood rustic furniture and such industries in addition to fruit growing. A strawberry ranch of 160 acres can be purchased adjoining so that a good Vegetarian colony can be commenced at once.

PRUNIS SIMONI.

The new fruit was of what is best described as plum color, a deep red, but in shape was more like a tomato, and the specimens shown run from two to three inches in diameter. When cut it was as juicy as a plum but firmer, and the comments made upon its flavor were various. One gentleman thought it had a pineapple flavor; another thought it a combination of plum, peach and apple. It was certainly a delicious fruit, and undoubtedly, if successfully cultivated, will become one of the favorite fruits in the market.

It was produced by H. S. Simon, of Wenatchee, from a tree brought from the northern part of China. For several years he has been making experiments from this original stock, grafting on it peach, prune or apricot, so as to blend these flavors and yet preserve the original form of the fruit. This season he has two of these trees in bearing. The tree bears in two years, and Mr. Simon is now convinced that his experiments are a success. He calls the new fruit prunis Simoni.—*Seattle Post-Intelligencer*.

SUBURBAN GARDENING.

The construction of Trolley roads into the suburbs of large cities should encourage suburban gardening. A Fruit and Vegetable Trolley Car should be run every morning with fresh fruit and vegetables so as to supply city dwellers direct with these products gathered the same day they are to be cooked. Here is a nice enterprise for vegetarians especially, to engage in.

A Connecticut farmer kept an account of the small fruit grown on half an acre of ground and used by his family last year. He figured on the fruit at market rates and found it amounted to \$365, or more than \$700 per acre.



LADY PAGET.
(See page 83.)



LADY PAGET.

The half tone which is herewith presented of Lady Paget, was kindly sent us by Mr. Oldfield of the *Vegetarian*, London, and is undoubtedly an excellent likeness of a lady whose character for devotion to what she believes to be just and right is well known on both sides of the Atlantic. We propose, however, in this case to allow Lady Pagett's own words to form the groundwork of her reputation in this country as an eminent vegetarian. We quote from a paper written by herself and regret that we cannot publish it entire.

"I have all my life thought that meat eating was objectionable from the æsthetic point of view. Even as a child the fashion of handing around a huge *grosse piece* on an enormous dish, revolted my sense of beauty; and I was delighted when, on my first visit to England, a small and thin slice of beef was unobtrusively shown to me behind my left shoulder, to be accepted or rejected *ab libitum*. I quite agree with Lord Byron, who said he would not marry a pretty girl because she had asked for two helps of lobster salad, though if beefsteak had been substituted I should understand it better still. The *bifteq a l'anglaise*, which seems to be the only idea a foreign waiter ever has when he is asked to suggest something to eat to English-speaking travellers, is simply a piece of hot raw meat, far more fit for the Zoological Gardens than for human food; for, despite of constant and sometimes indignant disclaimers, it is generally believed on the Continent that it forms the staple food of the British nation—that the strong limbs of the young men, the lovely complexions of the girls, and the bright eyes of the children are entirely due to this nourishment, and anxious mothers of families

abroad are constantly impressing upon their offspring and everybody else about them the utility and necessity of this panacea, if they wish to be in good health and feel fit and strong. It is a curious fact that in places where this regimen of *viande saignante* is followed anæmia is very frequent.

"I have been told, though I have not read it myself, that somebody has written a description of a town where the whole population was vegetarian. The change this would make in all the sights and smells is far greater than we at first imagine. The ghastly butchers' shops which meet one at every turn appear to me an incongruity, not to say more, in this civilized age; they would disappear, as well as the fishmongers', which are hardly any better. Then there are the sausage shops, which, especially in southern countries, persecute one with their pungent odor. How often have I been driven away while admiring the facade of an old *palazzo* or the portico of an ancient church, by the emanations of the terrible *pizzicheria* half-way down the street! Another dread sight which meets our eyes abroad, especially in Germany and Austria, where much veal is eaten, are the slaughtered calves paraded about the streets, a dozen or two of them hanging over the sides of the cart. There can be little doubt, too, that our kitchens and dining-rooms would be far more sweet and attractive if no animal food was ever brought into them. The eyes certainly would be gainers, and our olfactory senses too. In pictures and in poetry the tables are laid out with luscious fruit and sparkling wines, whenever charming and pleasant scenes are to be conjured up before our minds. When coarseness and discomfort are portrayed, 'men brought in whole hogs and quarter-



Food, Home and Garden



bees, and all the hall was dim with steam of flesh.' It is the difference between one of Giulio Romano's garden banquets, such as he painted in the vaulted chambers of the Palazzo del Te, and a pleasant orgy by Ostade or Teniers.

It is not, however, this aspect of the Pythagorean regime which will make many converts, nor did it ever influence me for very long, as most doctors lay, or rather laid, about twenty years ago, so much stress upon the eating of sufficient meat and the anæmic tendency of this generation, that one naturally felt it one's first duty to prefer health to beauty. A more serious consideration, and one which grew upon me every year, was the sad and distasteful necessity of killing a living being in order to live one's self. The great mystery of pain in this world, which if it gets a hold upon the mind is so terribly difficult to shake off, often dimmed my greatest pleasures. But this feeling too I tried, but less successfully, to subordinate to what I considered right and reasonable. The first serious shock I experienced in this theory was when, a few years ago, one of the most eminent German professors from a great university dined at our table, and would not touch anything because he was a vegetarian. I looked over the bill of fare, and realized with consternation that everything down to the sweet was either meat or fish or fowl, that vegetables and farinaceous food played the very smallest part in it, and even they were tainted with sauces not free from reproach.

"I had the evening before listened to an historical discourse delivered by Prof. O—— to an audience of all that is most intelligent and distinguished in this city. I had been struck by his extraordinary vigor and clearness. The words dropped like pearls from his lips, and though the voice was scarcely raised it appeared to search out the remote corners of the hall. Every-rounded-off sentence presented a vivid picture to the mind. The subject was the chancellor Prince Metternich, and we all felt when, after an hour and a half, Prof. O—— ended apparently quite as fresh and collected as when he began, that we

not only knew the prince personally, but that we understood his politics and the workings of his mind far better than his contemporaries had done. The thing which, however, impressed me most was the sense of power held back, and to the good as it were, which the professor gave me while speaking, and even after he had finished. When, therefore, the next day he told me that he never touched animal food, I was very curious to hear his experiences.

"He told me that some years before he had been very ill, nigh unto death, and given up by all the doctors. Then came one who said he could cure him. All the strong soups and beef jellies and raw minced meat were eliminated and replaced by fruit and light farinaceous food, but fruit especially, and he soon got well and strong—so well and strong, indeed, that he determined to go on with his simple fare, especially as he felt an unwonted ease and extraordinary lucidity of the intellect when working. His wife, he told me, soon followed his example, and also his daughters and sons-in-law. At last his servants came and said they would like to be vegetarians too, as it seemed to agree so well with their masters. I felt that where so clever a man was so fully convinced of the expediency and efficiency of this diet that he carried his whole family and household with him, he must have gone into the question deeply, and have the very best reasons upon which to found his belief. I could not enter with him into further discussion, as he had to leave Vienna, but he sent me some books on the subject: These books were German, and they would be well worth translating, for their whole tone is like a bracing mountain air. In every one of them vegetable diet is the foundation whereon is built an edifice of hygiene, which if we could or would but strictly follow might bring us to a pinnacle of animal spirits and bodily vigor only to be compared to the centaur of Henry de Guérin. To those who have not read this charming fragment, let me recommend it as a tonic on a day of languor and prostration. The thorough enjoyment of life and strength in which the centaur revels

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while careering over wind-swept plains, down breezy mountain-sides, plunging into deep green forests with the scent of the earth and wood flowers in the air, is better than any dose of sal volatile or quinine. These little German books, for none of them are very long, have mainly for their object to bring us back to a healthier and simpler mode of life. They are full of cold water and open windows by day and by night. Sun-baths and air-baths in the woods and on the hills, swimming and gymnastics, everything in the simplest and most economical lines, as they are mainly written for schools and the middle classes, where expensive adjuncts must be omitted. No medicines are tolerated by the strict vegetarian; everything is cured by diet, exercise, water, hot or cold, or in the shape of steam.

"There are now all over Germany and Austria a great number of what are called 'Nature doctors,' who cure on these principles, though they need not necessarily be vegetarians. The poor prefer them, as they are often men well off, who have a vocation for this calling: the medicaments cost very little or nothing. Father Sebastian Kneipp, at Worichshofen in Swabia, belongs to this class, and the thousands he cures every year have made his name famous in all the German-speaking lands. He too deprecates the use of much meat. Everywhere baths and sanatoriums are springing up where cures with these simple means alone are effected, and medicines utterly discarded. The *Hygeia*, a publication founded by the well-known Dr. Paul Niemeyer, and edited at Munich by his disciple and successor, Dr. Gerster, is one of the many organs of the new and independent school; many doctors and a few laymen write in it. It is interesting and amusing, full of unexpected information, and much read by the most intelligent section of the public. The German vegetarian books are full of a number of excellent recipes for dishes of all kinds, suited to every time of the year and to different countries, which is most important, for the new fledged vegetarian always thinks he is going to die of hunger. In the

preparation of vegetables the German Pythagorians bear off the palm, and I am bound to say that even their puddings and sweets are better than those known to the meat-eater. From what I have heard of English vegetarianism, I fancy that the movement, which in many respects might prove so useful, is much impeded by the inadequate way in which vegetables are cooked, and until this defect is thoroughly remedied, and a greater variety is introduced into the vegetarian bill of fare, there is no prospect of an extension, which might prove so great a boon to the poorer classes.

"I do not think that anybody has the right to indulge in tastes which oblige others to follow a brutalizing occupation, which morally degrades the man who earns his bread by it. To call a man a butcher means that he is fond of bloodshed. Butchers often become murderers. I remember two cases in the papers last summer where butchers had been hired to murder individuals whom they did not even know. After this comes the irrepressible thought, is it right to take life in order to feed one's self, when there is plenty of other available food which will do just as well?

"Having answered these questions to my own satisfaction, I plunged at once into full-blown vegetarianism. I got very little to eat and that not very good, for neither I nor my cook was *à la hauteur* of the situation. I had, however, one, and that a very great compensation—I felt superior to my fellow beings, treading on air, my head delightfully clear, and altogether lifted up above material things.

"I felt chilled and sleepy by day and night, so tired that I could hardly walk. The doctor said: 'You have no pulse at all, and must give in; it does not suit you.' The winter was icy cold and depressing and for the time I took the doctor's advice. With the first breath of spring, when all those delightful fruits and leaves and roots which Raphael did not disdain to paint as ornaments in his loggias reappear on our tables, I made my second methodical and successful attempt, eliminating week by week one kind of animal food."

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ARNOLD F. HILLS.

The picture which adorns the latter part of the present number is a good representation of the person of Mr. A. F. Hills, who, of late years, has become very prominent in the Vegetarian movement in England, especially that portion of the movement which centers in London where Mr. Hills is well known in connection with the construction of the British Navy. Mr. Hills and his works occupy a similar position in England as Mr. Cramp and his great shipyard in Philadelphia occupy in the United States. Mr. Hills seeks to turn the advantages of his position to the benefit of his fellow creatures both animal and human. The result is Mr. Hills has become the leading spirit in the Vegetarian movement.

As president of the Vegetarian Federal Union, he is a strong advocate of organization for effective work and his efforts combined with those of his staff of literary workers, aided by his liberal contributions to the funds, have placed the Vegetarian movement in the front rank of moral and religious agencies.

The *Vegetarian Messenger*, Manchester, expresses regret that "the exigencies of politics" prevented Mr. Hills from contesting the Walthamstow Division, at a recent election of a member of the British Parliament. But as Mr. Hills is still young, his prospects of becoming a member of Parliament are still good.

Although Mr. Hills employs able and accomplished editors and business managers in connection with the periodicals, he occasionally finds time from his multitudinous engagements to write a leader.

His writings usually indicate a strong religious and humane sentiment as the basis of his advocacy of the Vegetarian principle. In starting out with the *Vegetarian Review* for 1897, he writes :

"With its first issue, in the jubilee year, the *Vegetarian Review* appears in what I hope will be considered a more attractive guise, and I take the opportunity of asking our Readers to use their best endeavors to make this

monthly organ of the Vegetarian Federal Union more widely known. There are so many ways in which the friends of a paper can promote its progress and prosperity. They can encourage the Editor with the appreciative recognition of what pleases them ; they can stimulate him with the suggestive indication of what would please them ; they can spare him the infliction of the dreary drip, drip, drip of desultory and destructive criticism ; they can show their interest in the paper first by buying it for themselves, and then, by presenting it to their friends and neighbors, saying, "Rejoice with us, for we bring you good tidings of great joy." During the coming Jubilee year the *Vegetarian Review* should find its way—at least into every Vegetarian home—and if possible into every religious home in the land—for, indeed, there is no truth which will so co-ordinate and correlate all other truths as the message of mercy and purity and peace which the Vegetarian Gospel proclaims. Vegetarianism is in the best sense of the word a Religion, for it binds together and harmonizes all those divine principles of love, justice, and perfection which God has ordained for the governance of His universe. Therefore I say, that the *Vegetarian Review* should find its way during the coming year into every religious home, and the impulse of its injunction should be brought to bear upon every earnest heart. Who then shall be the messengers of this glorious dispensation ? Who shall be the Heralds of the coming Golden Age ? Who shall hasten with exceeding great joy to publish peace to the warring discords of the land of the shadow of Death ? Surely our readers will be eager to enroll themselves for this Jubilee crusade. The fields are white to the harvest, God grant a great multitude of workers may be moved to go forth and gather in the sheaves for the glory of the Lord."

Mr. Hills is cosmopolitan : he is as anxious for the prosperity of the movement in this country as in England and desires the Vegetarian Federal Union to include the whole world in its operations and beneficence.

April,

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I received the February issue of F., H. & G. I have read most of the articles. I believe this is the best number I have seen.—Edward G. Schaffer, El Paso, Ills.

I have studied this subject for the last four years and it has been the means of saving my life. I am very thankful to Providence that I have embraced this vegetarian system.—Geo. W. Brown, North Danville, N. Y.

A Berlin physician has made experiments which show that certain animals which we eat may swallow poisonous matter insufficient to kill them, but sufficient if used as food to poison man or dogs.—*Phila. Record.*

We have just welcomed again our dear old friend FOOD, HOME & GARDEN. We believe so much in the Vegetarian movement because, being considered from any point of view it is always found to be wholesome and salutary.—Fr. Louis Paroli, St. Michael's Church, Annunciation Square, New Orleans, La.

When the mind is enlightened, and the will properly directed, we can, through the exercise of conscience and the love of right, overcome false habits and customs and learn to like and assimilate only that which is good for us. The ideal of vegetarianism is so broadened, that its cuisine is not only elaborated as to varied dishes, but made tempting as well as wholesome.—Martha J. Anderson, Mt. Lebanon, N. Y.

Humanity is on the threshold of a new life. Science, true daughter of Old Father Time, will unite with religion in altering all things until the earth will be made new, and the purpose of the ages will be accomplished. There shall be no more curse. Declare the whole counsel of God, my brother, that you may be clear of the blood of all. I often think of you and your work. Remember that time and space are absorbed in God.—Mary F. Selby, Richmond, Ind.

STELLA, THE GYPSY QUEEN.

This beautiful and accomplished lady has been giving a series of entertainments to the

upper circle of N. Y. society of whom she is a great favorite. They are in fact Vegetarian banquets and are doing much to make vegetarianism fashionable.

FAMILY COMING OVER.

My family has eaten less meat this year than any year since we began to decrease the allowance. My boys care very little for it. We make a fruit breakfast, a vegetable and lentil dinner and light supper. Personally I eat apples for breakfast, apples and nuts for lunch and a salad meal at 6 o'clock containing abundant supply of carbon, nitrogen and phosphate.—Chas. A. Hamilton, Boys' High School, Brooklyn, N. Y.

THE PHILADELPHIA VEGETARIAN S'Y.

At the March meeting of the Phila. V. S'y there was a good attendance. A paper was read by Dr. J. Harvey Lovell on "Milk". The same officers that served so well during the past year were unanimously re-elected. (See advt) Prof. Doolittle author of "Man an Open Book," declared himself a convert to vegetarianism and consented to deliver an address at the next meeting and to illustrate the lecture by delineations of character of persons in the audience.

THE LOGIC OF VEGETARIANISM.

I have led several friends into the pure diet system and they in turn are enlightening and benefitting others for the logic contained in true vegetarian arguments is beyond question and convincing to any mind that can hold facts together. The whole moral view of the question is clear, that slaughtering is unnecessary, as the laws of nature regulate quantity of incarnations by conditions, and killing by flood, storm and famine. If people have to eat animals to get rid of them why don't they eat those they want to get rid of, cats, dogs, snakes, lions, tigers, &c; why do they raise vegetarian animals for the express purpose of killing them? Moreover if all vegetarian animals are purer, its a wonder they too would not like to be purer, by eating their food, uncorrupted by murder.—Alfred H. Howe, 149th St. & Trinity ave., N. Y.



AFTER EIGHTEEN MONTHS' TRIAL.

It was some years ago I became acquainted with a vegetarian from principle. It was deeply interesting to me at the time and I at once began to think upon the subject from two points of view, viz.: that of health, and cruelty to animals. About eighteen months ago I resolved to dispense with all kinds of flesh for food and the result has been very satisfactory.

The labor of preparing food has been greatly decreased and also the cost of living. I find I can do just as much physical labor on a diet wholly of vegetables as when I indulged in the eating of flesh.

The idea that we must have meat if we work hard I have proved, to my own satisfaction, to be entirely wrong.

I have better health and can do more work than I could two years ago.

I have two little girls and I expect to rear them on a vegetable diet and to stamp upon their minds while young, the necessity of learning to "live and let live."

I believe that a universal vegetable diet would do more to relieve dumb animals from cruelty than any other one thing. I do enjoy the recipes in *FOOD, HOME AND GARDEN* very much and at once endeavor to appropriate them as well as all other knowledge which reaches me through its columns.—Mrs. R. A. Gale, Rogersville, Mo.

THE ALTRUISTIC SPIRIT.

I think our cause is likely to be much helped by the wave of Altruism that in the process of evolution, is sweeping over the most advanced peoples of Christendom.

The appeal to the heart is sure to be more potent than that to the head.

Heretofore our argument has been more directed to the reason and our progress has been very slow.

If we can now arouse the finer sensibilities of our flesh eating people against the horrors of the abattoir I feel confident we shall quicken the advance of our rational, righteous and humane movement.

Ask any kneaphogist if his choice of flesh

depended upon his or her doing the killing there would be an immediate revulsion.

Push the question by asking if she or he has any moral right to force another to do what is so revolting to all that is tender, sweet and considerate in our nature and you irresistably raise this query in the mind of the culprit: Shall I, for the mere temporary gratification of my palate, force my fellow man to an avocation that outrages every humane and unselfish instinct of my heart?—an avocation that I would not only revolt from myself, but would not tolerate the thought of one who was near and dear to me from following?

The writer has been a vegetarian for well nigh unto half a century and has through all that period been virtually exempt from any lingering illness. The almost infinite variety afforded by fruits, cereals and vegetables coupled with such animalized products as eggs, and milk in its many forms, is abundantly sufficient to gratify the most craving palate while every element required to sustain the body in its best estate of health, strength and beauty is abundantly supplied thereby.

I can truly state that after these fifty years of abstinence from flesh, nothing save the alternative of starvation would tempt me to subsist on an animal diet.—Henry Q. Mack, Dome Farm on Hudson, Catskill Station, Columbia County, N. Y.

FACED THEM LIKE A MAN.

SHE—Come, dear, here are some nice, fresh biscuits I cooked myself. Put on your slippers and come to the table.

HE—Excuse me, dear; I don't think I'll put on my slippers. I've always made the boast that I'd die with my bootson.—Yonker's *Statesman*.

I do consider the Vegetarian cause one of the most important in the world—side by side with the anti vivisection cause—not in any way second to it.—Cynthia Fairchild Allen, Editor of *Anti Vivisection*, Aurora, Ill.



Food, Home and Garden



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PHILADELPHIA, April, 1897.

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

Mr Barden S. Brookings inquires for a Vegetarian Badge. Our artistic friend Emil Hensler of Detroit, is we believe, preparing one.

Young women students of Chicago University are in revolt against being compelled to eat pickled tongue.—*Philadelphia Record*.—The vegetarian sentiment is making good progress in Chicago University as the Vegetarian Club there is the favorite one.

Quite a number of my acquaintances are interested in the Vegetarian Society Mill and I may succeed in obtaining orders for several mills.—B. E. Graef, 244 Lafayette ave., Brooklyn, N. Y.—As several orders at one time decreases cost of freight, we hope our Brooklyn friends who desire a mill will order now.

FOR PUBLIC LIBRARIES.

Wm. D. Brewer, Jr., while expressing his delight at the reappearance of F., H. and G subscribes for four Y. M. C. Associations and Public Libraries. We always find F. H. and G. welcome by public institutions of this kind and we would like to send it to every one where the English language is read. Will our friends help in this matter?

MINNEAPOLIS VEGETARIAN SOCIETY.

We have a Vegetarian Society of fifteen members in Minneapolis, Minn. which is growing finely and has flattering prospects before it.—N. H. Hemiup.—Will our friends in Minneapolis please send us the names and addresses of their officers so that they can be made known to the other Vegetarians and friends in Minneapolis?

THE VEGETARIAN REVIEW.

We have the pleasure of contributing an article each month to the *Vegetarian Review* on "Vegetarianism and Vegetarians in America" which like most of the other articles in the *Review* are profusely illustrated. These articles when completed will form a history of the Vegetarian movement from the time when Franklin ate his biscuits and raisins in his brother's printing office in Boston, up to the present era of Hotel Banquets and Holiday festivities.

THE H. O., HORNBY'S OATMEAL.

If our friends in Philadelphia, Camden and suburbs will kindly remit to us on or before June 1st the picture of *clover blossom* they find on the H. O. packages, they will contribute to the fund for the free distribution of F., H. & G. to Hospitals and other charitable Institutions. For every such picture of *clover blossom* received, we promise to send one copy of *FOOD* to such as are unable to pay for it, whether designated by the donor or not. This is by an arrangement made with the H. O. Co., and we trust our friends, in purchasing oatmeal, will remember to select the H. O. brand as we understand it is a very superior article, and report to us if they find it so.

SHALL WE SUCCEED?

Mr. H. Q. Mack, Catskill Sta., N. Y. writes: "It rejoices me to again greet *FOOD, HOME AND GARDEN*, for so many a month absent from my home. Now that you have a press of your own it is hoped you will be able to furnish the paper regularly."

If all would do as friend Mack, does this would be assured. We are doing our best furnishing the vegetarian public with a paper such as, with the present number of subscribers, will only meet expences at \$1.00 a year each, but at the price we supply it to clubs it will only pay with 10,000 subscribers. We prefer the large circulation because the object of the publication is to extend a knowledge of vegetarian principles and practice and so we offer four subscriptions for a dollar in hopes that 2500 friends of

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the cause will send us a dollar with four names. Only a few have yet responded to this appeal and so we have to repeat. There is not a person in this country but could save \$1.00 a month, (many could save it in a week,) by following directions given in this publication, and surely \$1.00 a year might be appropriated to conferring on others the blessings we enjoy. Which would our friends prefer? that we raise the price to \$1.00 a year or that each one contribute a dollar for the extension of its circulation? one or the other plan must be adopted if the paper is to be maintained without loss. We offer the alternative. What is your response? It shall not be our fault if the paper is not sustained.

OF INTEREST TO FLESH EATERS.

The "sheepy taste" of mutton does not come from contact with the wool in skinning or from tardiness in disemboweling the animal: it is of far deeper origin. It comes from poverty, unhealthy condition, old age and similar causes.—*Phila. Record*.—Is there not something specially delicate and appetising in the above item for those who indulge in mutton?

SEA SICKNESS AND VEGETARIANISM.

Mr. G. Robinson, who returned to England after spending about a year in this country, writes from Derby: "We had a very rough passage; there was a deal of sea-sickness but I was not sick. Times are a little better here. I am doing a fair trade, selling fruit and vegetables. I am still an enthusiastic vegetarian and think it helps me in my business."

LADY PAGET'S ARTICLE.

The portions of Lady Paget's able article which we were compelled to omit, referred to the cruelties inflicted on animals in transit and at the slaughter houses with which alas the people of this country are already familiar, but in regard to which much apathy exists, and her happy experience in her present dietary habits as a vegetarian. Her standing and influence as a lady in the best circles of

English Society are only excelled by her high character for benevolence and philanthropy in sustaining those movements that she believes will promote the advancement of mankind.

INCREASING THE CIRCULATION.

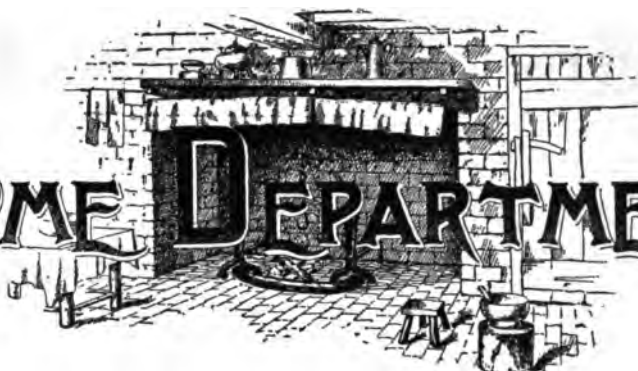
In England the vegetarian cause is sustained mainly by a few wealthy friends. In this country we appeal to the masses. We prefer to give each the privilege of aiding the cause so as to divide up the pleasure and the honor. Every one who neglects to send \$1.00 for four copies of F., H. and G. is depriving him or herself of altruistic satisfaction of aiding the best cause on earth, in the most effective and cheapest manner. There is no profit in F. H. and G. at this price until 10,000 such subscriptions are received. If the reader has not yet availed himself of this privilege please do so now, without delay as the success of the cause depends on *your* doing it. Every present subscriber must do it to give us 10,000 circulation. When that number is attained we shall strike for 40,000 by making the paper *four times better* than it is now, without increasing rates. We can then command advertising at paying prices.

Cold winter is past and now will lovely Spring
To Home & Garden, her wealth of beauty bring.

APPEALING TO THE HEART.

Our good friend Mack writes in the belief that if the hearts of flesh eaters were appealed to they would be more likely to give up their cruel and barbarous practices. Although we believe this is true, in many cases, we have been astonished sometimes at the entire want of sympathy in those who are determined to gratify their lust for flesh. We once remarked to a pious Friend, eminent as an advocate of peace; holding a high position in the Peace movement, that we did not believe he would eat beef if he had to kill the ox himself. To our surprise he replied that he could kill an ox without the least compunction, having done so many a time on his farm and could do it again. He evidently has not arrived at the conclusion of the prophet Isaiah: "He that killeth an ox is as if he slew a man."—Isaiah 66: 3.

HOME DEPARTMENT.



From Miss A. Nichols, Philadelphia.

MENU FOR EASTER MONDAY.

BREAKFAST.

Bananas. Grape Fruit. Oranges.
Eggs (boiled or fried.)

Graham gems. White Bread.

DINNER.

Mashed Potatoes. Cream Pea soup. Beets.
Tomatoes.
Fried Parsnips.

Snow Pudding. Caramel Cereal Coffee. Olives.

White Bread. Brown Bread.

SUPPER.

Asparagus Salad. Buttered Eggs.
Tea Biscuit. Ginger Bread.

Cream Cake. Fruit Salad. Lemon Ice Cream.

Chocolate.

RECIPES.

Cream Pea Soup.—Take 1 can green peas or $\frac{1}{2}$ pk shelled fresh peas, $\frac{1}{2}$ teaspoonful chopped onion, 1 bay leaf and stew together. When done, strain through a cheese cloth, crushing the peas but not pulping them through. Rub 1 tablespoon of butter and two tablespoons of flour together and stir into 1 pt. of warm milk and add to the pea stock. Cook for 10 minutes in a double boiler. Season to taste.

From *Table Talk*.

Fruit Salad.—Peel and slice four bananas and three sweet oranges; peel and eye a small pineapple and pull in small bits. Arrange the fruit in layers, spreading over each layer this dressing: Beat the yolks of four eggs well; beat into them 1 cup powdered sugar and $\frac{1}{2}$ teaspoon salt; add juice 2 lemons & beat again.

Asparagus Salad.—Untie a bunch of asparagus, scrape each stalk and cut off the white end. Tie in bunches and stand upright in a kettle of salted boiling water deep enough to come within an inch of the tips; by this method the whole stalk is cooked more evenly.

Boil 30 minutes, drain and set aside until cold. Arrange on a dish and serve with French dressing. In using canned asparagus drain the stalks, hold under the tap and let the water run through them, then lay in clear, cold water for half an hour. Drain and dry on a towel and serve as above.

From Paul Diet.

Combination Mush.—Take 5 pints soft water, boil it, stir into it 1 cup corn meal, cook 10 min. then stir in 1 cup graham, rye meal or barley, as suits you. Cook it, then put in one cup of rolled oats and stir well. Put in oven and bake slowly for three hours, or steam if preferred. Do not put in any salt while cooking but salt to taste as you eat. Serve with sugar and cream, syrup or stewed fruit. When cold it can be sliced and fried; it is so much better than any salmon or meat and will furnish more strength to brain and muscle.

Baking Vegetables.—Put a little water into a pan and place vegetables in it and they will not dry up so much. Do not put much salt in food when cooking as it hardens the albumen in the food.

CHEESE FROM POTATOES.

Cheese of an extremely fine quality is manufactured from potatoes in Thuringia and part of Saxony, in the following manner: "After having collected a quantity of potatoes, of a good quality, giving the preference to the large white kind, they are boiled in a caldron, and when cool, are reduced to a pulp, either by means of a grater or a mortar. To five pounds of this pulp, which ought to be as equal as possible, is added a pound of sour milk and the necessary quantity of salt. The whole is kneaded together and the mixture covered up and allowed to remain for three



or four days, according to the season. At the end of this time it is kneaded again and formed into cheeses which are placed in little baskets, where superfluous moisture is allowed to escape. They are then allowed to dry in the shade and placed in layers in large pots or vessels, where they must remain for fifteen days. The older these cheeses are, the more their quality improves. Two kinds are made. The first which is the most common, is made according to the proportions indicated; the second, with four parts of potatoes and four parts of cow or ewe milk. These cheeses have the advantage over every other kind, that they do not engender worms, and keep fresh for a great number of years, provided they are placed in a dry situation, and in well closed vessels.

As no rennet is used, the above process of making cheese is commended to vegetarians.

A HAPPY HOME.

Our friends will remember Mrs. Mary J. Prentice who has sometimes written nice pieces that have been published in *FOOD, HOME & GARDEN*, from her beautiful Santa Barbara home, where she has entertained so many with pure vegetarian fare and always made them feel at home and happy while they stayed. Our good friend Mrs. Dr. Paul has told us what a nice home it is and what a pleasant time she had there. Well, she has lately been married to Professor Gregorson, and the name of Prentice, which had become so pleasant to all her friends, has been given up and she is henceforth to be known as Mrs. Gregorson. But she writes us: "I am still the same warm friend to you and the good cause." Writing Feb. 21st, from Ocean View, Cal., she states: "Mr. Gregorson has brought a chair out for himself and one for me and here we are writing on the South-east portico in the sunshine. It is quite warm enough, being sheltered from the cold north wind that is blowing, and the branches of the graceful Eucalyptus trees are swaying all one way with its force and there are some white caps in the channel.

"Mr. Gregorson is a Scotch Vegetarian and

has been for forty-two years. He came to California for his former wife's health and had been a widower seven years when he came here. He is now a strict Vegetarian. We were married Jan. 4th 1897."

We give these extracts from her interesting letter, (in which she expresses her satisfaction at seeing *FOOD, HOME & GARDEN* once more and with a check for some copies, expresses her desire for its continuance,) in order to illustrate what a happy home is established by those who live on vegetarian fare, especially when both husband and wife are agreed on that subject and begin their new home on this plan.

We are sure she will be glad to offer advice to all, and any beginners writing her will have the pleasure of receiving a nice letter in reply. We are sure that all our readers wish her long life and happiness in her new relation as Mrs. Gregorson.

"In a postscript dated Feb. 23rd, Mrs. Gregorson writes an account of a walk taken by Prof. Gregorson, being one of a party of six, including Prof. Dodge on Washington's birthday: "What a grand climb they had away up the mountain where they could see the Inez river and Valley; the San Raffael Mountains; could see the islands, Santa Cruz, Santa Rosa, San Miguel, the Anacapa islands, and the Ocean beyond. Really one of the grand views of the world. They started at 7 a. m. and returned at 6 p. m. having walked and climbed about 20 miles on the mountain sides. Prof. Gregorson brought home beautiful ferns and wild flowers." Cannot our readers see how delightful it is to live a vegetarian and take pleasure in ferns and wild flowers rather than in carrying a gun with which to destroy the innocent lives of deer, squirrels and birds, as our two last presidents did when they went out to enjoy the country? We hope for something better of President Mc Kinley, believing he is a Christian gentleman who takes no pleasure in destroying life. The true way to have a happy home is to so live that all the creatures around us are made happier by our presence.



Apple Blossom Society



NOW AND WHEN.

Now the chief subject of our daily thought
Is what we *love* to eat not what we *ought*.
But when we shall a higher thought conceive
We shall not *live* to eat but eat to *live*.—H. S. C.

WANTED MORE.

Mary had a little lamb.
And 'twas so very nice
She passed her plate again. Please ma'am,
I'll take another slice!—News paper rhyme.

For shame oh Mary, that you should
Disgrace your honored name
By eating in your selfish mood,
Your little friend so tame.

Would you not rather have your lamb
To skip around your door
Than cruelly to kill, then cram
Yourself, and ask for more?

No Apple Blossom would, we know,
Consent to such wicked deeds
For Apple Blossoms thrive and grow
On fruit and nuts and seeds!

H. S. C.

THE LAUGH CURE.

There is a woman in Milpitas, the victim of several crushing sorrows, who has a novel cure for despondency, indigestion, insomnia and kindred ills. It is unpatented. She determined one day to throw off the gloom which was making life a burden in and about

APPLE BLOSSOMS please write to us.

A PLACE IN HEAVEN.

Behrynge, the pilgrim, lifting up his head,
Saw the Death Angel standing near his bed,
And heard him say in accents calm and cold,
"The names I write within the Book of Gold
Are names of those whose place in heaven is won.
To gain this place what hast *thou* ever done?"
Behrynge, the pilgrim, struck upon his breast:
"Alas, full many a law have I transgressed,
Yet at God's feet, for creatures He hath made
Both mute and helpless, all my life I laid,
And prayed Him daily that my strength might be
Their faithful safeguard, as He guarded me.
The dumb beast's cause I plead through all the land,
And stayed the torture of the oppressor's hand.
My life, my all to the great work I gave,
Yet know I not if deeds like these can save."
The angel vanished. When at heaven's gate
Behrynge, the pilgrim, sadly came to wait,
Lo, the pearl portals flew asunder far.
A light shone round him like a glorious star,
And a voice said, "Thy sins are all forgiven,
Love for the helpless won thy place in Heaven.

—Zoophilist

sunny and delightful abode. Husband, children, neighbors and friends were gradually infected with mirth every day, and now all of them are healthy, happy and wise.—*San Francisco Argonaut*.

The above is a taking story and is an improved version of the proverb: "Laugh and

LAUGH AND THE WORLD LAUGHS WITH YOU



her and establish a rule that she should laugh three times a day whether occasion presented or not. She trained herself to laugh heartily at the least provocation, and, without one, would retire to her room and make merry by herself. Now she is in excellent health and buoyant spirits, and her home has become a

grow fat". While we believe it is true that laughter is a great curative of many ills supposed and real, we caution our young friends to be moderate in the use even of laughter. Immoderate laughter may induce hysterical fits of laughter which should be avoided by observing moderation in the exercise.



THE HAZEL NUT.

The bushes are grown from seeds, by layers, by suckers, by cuttings and by grafting or budding. Grown from suckers trees come earliest into bearing and by some are claimed to make the strongest trees, but the major portion of hazel trees produced in nurseries are from cuttings 8 or 10 inches in length from last year's wood. They root as readily as gooseberries. A moist, not wet, sand supplies the best ground in which to root cuttings.

The hazel will not thrive in stiff clay, while in dry, sandy soil it becomes stunted and produces fruit of small size. Otherwise the bush is not peculiar as regards soil and locality, it is always more vigorous on rich land than on poor land. In Kent England, the hazel thrives best in limestone land, and reaches a height of 12 feet, and occasionally 30 feet. The trees are set in well drained ground, about 10 feet apart each way. Root pruning is frequently practiced to check the too rapid growth of wood. In pruning care is taken to leave sufficient male catkins for an ample supply of pollen. The fruit spurs are near the extremities of last year's growth and nuts are more abundant where air and light have ready access. In the fifth or sixth year after planting, trees should bear considerable fruit. Wild hazel is found throughout the western parts of Washington, Oregon and British Columbia and we should at once give special attention to the cultivation of the improved varieties as the Cob and the Lambert. After a few years we can easily supply our Pacific coast markets providing we prepare for planting the coming season.—*Report of Department of Agriculture.*

AFRICAN PEANUTS.

Grown on its native soil, the peanut is full of the oil which makes it a valuable import of France, where it becomes a conspicuous

element in the production of olive oil.—*New York Times.*

USE MINERAL FERTILIZERS.

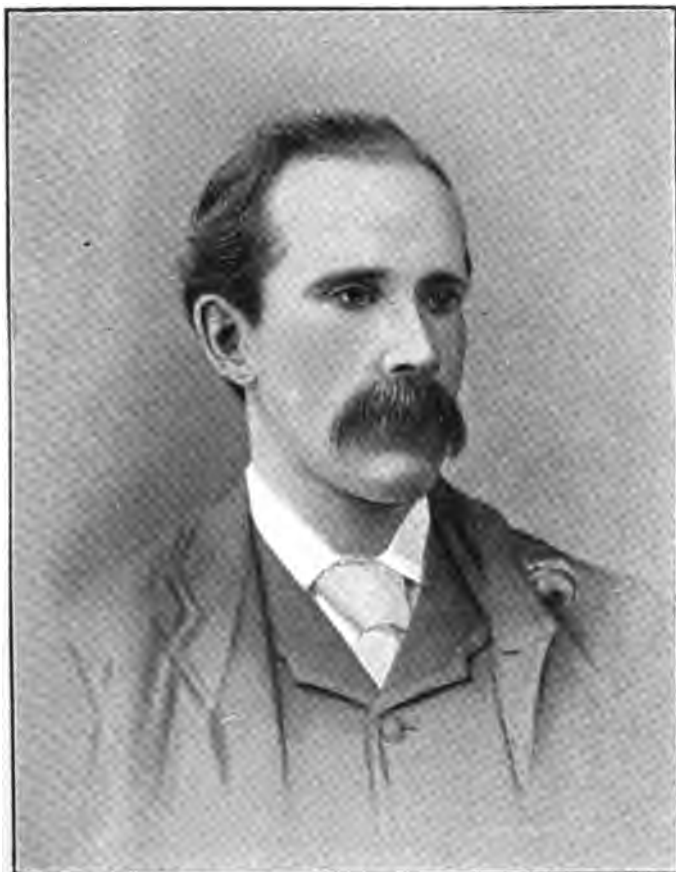
The *Jacksonville Citizen* attributes the rotting of fruit, and insect pests, to the want of mineral fertilizers, ashes and vegetable decayed matter, which is true, while the use of stimulating animal manures produce the rot and insect pests in a constantly increasing quantity as it produces a sickly growth so favorable to insect development.

SAVING GRAPES FROM FROST.

The plan is to saturate ordinary porous bricks with kerosene oil, place them in old fruit cans, fill these cans with oil, set them around the grapevines, thirty or forty feet apart. If the thermometer leads you to suspect a frost, about 2 A. M. take a stick with a rag saturated with oil wrapped around one end, lighted, and with it one can light the bricks in the cans throughout the vineyard with ease and expedition. The bricks continue to burn all night.—*N. Y. Tribune.*

PEAS A PROFITABLE CROP.

As a field crop peas will give as great a return in profit as any vegetable or grain grown in this section of country, says the Hon. T. C. Van Eaton, of Eatonville. Pierce Co., Washington, in the *Tacoma Morning Union*: "Peas are indigenous to this section, large quantities growing wild all over western Washington. The wild pea is an excellent forage plant. A good variety of field peas will produce as many pounds of peas to the acre as can be produced of either oats or wheat, while the present market price of peas is \$1.75 per hundred weight, of wheat 95 cents per hundred weight, and of oats 80 cents per hundred weight. Therefore we get about twice as much money out of an acre of peas as either wheat or oats, and the labor of production is no greater."



ARNOLD F. HILLS,
PRESIDENT OF THE VEGETARIAN FEDERAL UNION.
(See page 86)



Percy B. Shelley



PERCY BYSSHE SHELLEY.

THE poet Shelley, son of Sir Timothy Shelley, Bart, was born near Horsham, England in 1792. At the age of 16 he left school and at 18 entered the University of Oxford but was expelled on account of his unorthodox opinions. This and his marriage with the daughter of a retired innkeeper caused an estrangement between himself and his father who however allowed his son a liberal yearly income. In 1813 his poem, *Queen Mab*, was printed for private circulation. In his notes to this poem his views on Food were expressed and from these notes we extract the most striking passages:

"Before the time of Prometheus, according to Hesiod, mankind were exempt from suffering; they enjoyed a vigorous youth, and death, when at length it came, approached like sleep, and gently closed the eyes. Prometheus (who represents the human race) effected some great change in the condition of his nature, and applied fire to culinary purposes. From this moment his vitals were devoured by the vulture of disease. It consumed his being in every shape of its loathsome and infinite variety, inducing the soul-quelling sinkings of premature and violent death. All vice arose from the ruin of healthful innocence.

"Man, and the animals which he has infected with his society, or depraved by his dominion, are alone diseased. The wild hog, the bison, and the wolf are perfectly exempt from malady, and invariably die, either from external violence or natural old age. But the domestic hog, the sheep, the cow, and the dog are subject to an incredible number of distempers, and, like the corrupters of their nature, have physicians, who thrive upon their miseries.

"The super-eminence of man is like Satan's super-eminence of pain,—and the majority of his species, doomed to penury, disease, and crime, have reason to curse the untoward event, that by enabling him to communicate his sensations, raised him above the level of his fellow animals. But the steps that have been taken are irrevocable.

"The whole of human science is comprised in one question:—How can the advantages of intellect and civilization be reconciled with the liberty and pure pleasures of natural life? How can we take the benefits and reject the evils of the system, which is now interwoven with our being? I believe that *abstinence from animal food and spirituous liquors would, in a great measure, capacitate us for the solution of this important question.*

"Comparative anatomy teaches us that man resembles frugiverous animals in every thing, and carnivorous in nothing; he has neither claws wherewith to seize his prey, nor distinct and pointed teeth to tear the living fibre. A mandarin of the first class, with nails two inches long, would probably find them, alone, inefficient to hold even a hare. It is only by softening and disguising dead flesh by culinary preparations, that it is rendered susceptible of mastication or digestion, and that the sight of its bloody juices does not excite intolerable loathing, horror and disgust. Let the advocate of animal food force himself to a decisive experiment on its fitness, and, as Plutarch recommends, tear a living lamb with his teeth, and, plunging his head into his vitals, slake his thirst with the steaming blood; when fresh from the deed of horror, let him revert to the irresistible instincts of nature that would rise in judgment against it, and say, Nature formed me for such work

Food, Home and Garden

as this. Then, and then only, would he be consistent.

"Young children evidently prefer pastry, oranges, apples, and other fruit to the flesh of animals, until, by the gradual depravation of the digestive organs, the free use of vegetables has, for a time, produced serious inconvenience. *For a time*, I say, since there never was an instance wherein a change from spirituous liquors and animal food to vegetables and pure water has failed ultimately to invigorate the body by rendering its juices bland and consentaneous; and to restore to the mind that cheerfulness and elasticity which not one in fifty possesses on the present system. A love of strong liquor is also with difficulty taught to infants. Almost every one remembers the wry faces which the first glass of Port produced. Unsophisticated instinct is invariably unerring; but to decide on the fitness of animal food, from the perverted appetites, which its constrained adoption produces, is to make the criminal a judge in his own cause: it is even worse; it is appealing to the infatuated drunkard in a question of the salubrity of brandy.

"Except in children, however, there remain no traces of that instinct which determines, in all other animals, what aliment is natural or otherwise; and so perfectly obliterated are they in the reasoning adults of our species, that it has become necessary to urge considerations drawn from comparative anatomy to prove that we are naturally frugiverous.

"Crime is madness. Madness is disease. Whenever the cause of disease shall be discovered, the root from which all vice and misery have so long overshadowed the globe, will be bare to the axe. All the exertions of man, from that moment, may be considered as tending to the clear profit of his species. No sane mind, in a sane body, resolves upon a crime. It is a man of violent passions, blood-shot eyes, and swollen veins, that alone can grasp the knife of murder. The system of a simple diet is not a reform of legislation, while the furious passions and evil propensi-

ties of the human heart, in which it has its origin, are unassuaged. It strikes at the root of all evil, and is an experiment which may be tried with success, not alone by nations, but by small societies, families, and even individuals. In no case has a return to a vegetable diet produced the slightest injury: in most it has been attended with changes undeniably beneficial.

"There is no disease, bodily or mental, which adoption of vegetable diet and pure water has not infallibly mitigated, wherever the experiment has been fairly tried. Debility is gradually converted into strength, disease into healthfulness; madness, in all its hideous variety, from the ravings of the fettered maniac, to the unaccountable irrationalities of ill-temper, that make a hell of domestic life, into a calm and considerate evenness of temper, that alone might offer a certain pledge of the future moral reformation of society.

"On a natural system of diet, old age would be our last and our only malady; the term of our existence would be protracted; we should enjoy life, and no longer preclude others from the enjoyment of it; all sensational delights would be infinitely more exquisite and perfect; the very sense of being would then be a continued pleasure, such as we now feel it in some few and favored moments of our youth.

"By all that is sacred in our hopes for the human race, I conjure those who love happiness and truth, to give a fair trial to the vegetable system. Reasoning is surely superfluous on a subject whose merits an experience of six months would set forever at rest."

Shelley meeting with an accidental death in 1822, by drowning while sailing from Leghorn, deprived him of further opportunity to prove the efficacy of his principles in promoting health and longevity. But his short life was an evidence of great mental activity of a high literary character as his published works abundantly testify.

It must be admitted that Shelley was in advance of most of his cotemporaries on the subject of food.



My own experience in the past few years tells me there is greater enjoyment in life in living without meat, provided one selects with good judgment from the vegetable kingdom.—A. R. Pearse, 1430 So. Hope, Los Angeles, Cal.

JOY A HUNDRED FOLD.

FOOD, HOME & GARDEN has been brought to my notice and I feel quite overjoyed that such a work is begun in this country. I had by myself arrived at the same conclusions, and I know the change can be made from a meat to a *correct* diet without any feeling of something lacking. To most persons here vegetarian diet means starvation and all for want of a mill like the one you advertise, so that we need not depend on the grocer who adulterates his foods. Yours for a hundred fold in this world.—N. E. Arnold, Superintendent Purity Department of the Florida W. C. T. U., Daytona, Fla.

THE MONEY ARGUMENT.

BY REV. WM. PENN ALCOTT.

The following table is compiled from two of the best authorities upon economic chemistry, being mainly taken from "Farmer's Bulletin, No. 23" published by the U. S. Dep. of Agriculture. This pamphlet is by Prof. W. O. Atwater of Wesleyan University and may be obtained free by anyone, on application as above. Certain additions marked C. have been based on the analyses of the eminent English chemist, A. H. Church, whose valuable volume "Food" is on sale at the office of this periodical.

Neither of the investigators from whom we have drawn our figures are vegetarians, hence their determinations cannot be considered to be *warped* in our favor.

Samples of the *cheapest* grades of the various articles have been *uniformly* selected because, contrary to what might be expected, Prof. Atwater's tables clearly show that these give the most true food for the money. The articles are arranged according to amount of nutriment beginning with the highest. Col-

umn 3 will enable anyone to adjust the table to a different tariff from Prof. Atwater's, or arrange these foods irrespective of cost.

It will be observed that percentage of aliment changes the order of the table. Vegetable foods, as a class, still hold the lead. But fat pork now comes second and potatoes, apples and cabbage drop to humble places with milk, oysters and cabbage. Fat pork is a cheap food as to fuel nutriment, but contains little flesh-forming material and is peculiarly apt to cause diseases of the liver and stomach and is, perhaps, the most objectionable flesh aliment.

Grains, fruits and nuts are the most natural and healthful of foods, usually combining advantageous bulk with a sufficient amount of all kinds of nutrients,—fuel, flesh and bone forming elements.

NUTRIMENT FOR 25 CENTS.

	1 Food materials in lbs.	2 Lbs. of nutriment.	3 Per cent in each lb.
Wheat flour	12.50	10.87	87.5
Corn meal	12.50	10.45	85.
Oat meal	8.23	7.51	92.4
Potatoes	33.33	5.70	21.1
Wheat bread	8.33	5.56	67.7
Beans	5.	4.22	87.4
Rice	4.17	3.64	87.6
Apples (C.)	27.50	3.16	16.
Pork, fat, salt	2.50	2.09	87.9
Milk	16.67	2.05	13.
Cabbage (C.)	25.	1.95	8.1
Beef, neck	6.25	1.85	38.
Mutton, leg	3.13	.96	38.2
Beef, sirloin	2.50	.79	40.
Codfish, dried s.	4.17	.68	17.4(?)
Eggs,	2.84	.63	26.2
Fowl, (C.)	2.00	.36	27.8
Oysters.	2.00	.24	12.9

I shall work now as in the past and send subscribers as fast as I get them.—Mrs. Dr. La Pierre, Mattawan, Mich.—It will take all our old friends and many new ones to work to make F., H. & G. self-supporting.

Lord's Farm where I am boarding has adopted the use of cocoanut butter through my suggestion.—Jno. C. Roe, Woodcliff, N. J.—Mr. Roe at his own expense, printed Lady Paget's article on Vegetarianism and circulated it among his friends.



MEMORIAL TO THE CITIZENS OF U. S.

It is related of the Greek philosopher, Demonax, of the isle of Cyprus, who at the beginning of the second century resided at Athens, respected for his simple life, and full of kindness to all, that when a show of gladiators was about to be exhibited, he presented himself before the assembled people and told them that they should pass no such decree until they had first removed away the altar of pity. Only in the preceding generation, the Apostle Paul, standing in the midst of Mars' Hill, had declared unto those Athenians *who* was the "Unknown God" that they ignorantly worshipped, rebuked them for their idolatry and superstition, and reasoned with them of righteousness, temperance and judgment to come.

To-day, eighteen centuries further along in the world's course, the demoniacs of the prize ring are let loose upon society, a multitude of people bow down in all their idolatry of animalism, and the Lord Christ, who is the "Altar of Pity", Head over all things, is certainly far removed from their hearts. Yet may we devoutly thank God that it was by no decree of the Nation that within the borders of the smallest populated of its States, there was given opportunity to ingloriously prepare and to enact the recent brutish spectacle of the prize ring. One after another had the States (with a single exception perhaps of the one unnamed) by legislative enactment brought pugilism under the ban, while Congress itself had forbidden prize-fighting in all the national domain.

The good name of the nation has been outraged, not so much by the disgraceful event of a specially brutal encounter between two human beings, as by the very reprehensible course of a large number of daily papers in exploiting from first to last the prize-fighters and the fight. "We can recall no one thing in the history of the country" says a prominent, influential daily, "that has done so much to demoralize the press and the public as the continuous babbling between prize-fighters and their associates that has

found publicity in the newspapers during the last five years." "There is every reason to expect", continues the same editor, "a wholesome reaction of public sentiment, not only against the reckless and babbling bruisers of the ring, but against the public journals which have done so much to teach brutality and lawlessness as attributes of modern manhood."

Unfortunately, some millions of our people, especially those young in years, who will have been so seriously damaged, morally, through the papers which gave them the babbling of the prize-fighters and their sympathetic associates, will know little of the wholesome reaction of public sentiment that is expected to set in. They seek only the class of papers which may be depended on to cater to their unhealthily warped or depraved instincts. Before the Congress that ended with the late presidential administration adjourned, there was an opportunity presented to uphold the nation's good name, by the prompt passage of the bill entitled "A bill to prohibit the transmission by mail or interstate commerce of any picture or description of any prize-fight or its accessories." The Commerce Committee of the house of Representatives (Aldrich, chairman), in its favorable Report of the bill, properly said that it "simply protects the more advanced States which have forbidden pugilism as brutal and brutalizing, against having prize-fights brought into their borders in pictures and descriptions which are only a little less harmful than the degrading sport which they describe." May the simple enactment of this (re-introduced) bill, mark as well the healthy reaction, as an honest purpose to protect the honor of the country at a point where it has been so grievously assailed to its hurt!

Please! All citizens of the United States who are interested in the welfare of the nation write your Senators and Congressmen urging the passage of this bill at this present session of Congress!

Signed:

STEPHEN J. FIELD,
Justice of the Supreme Court U. S. Washington, D. C.

And forty other prominent citizens.

Food, Home and Garden

A SEVENTH-DAY ADVENTIST'S VIEW.

There are, no doubt, many who believe a vegetartan diet to be the best, yet they do not adhere strictly to it. So it is with many S. D. A's. they know certain articles of diet should be discarded; but they have not stepped out into the light yet.

We, as a people, reject not only flesh meats as a diet, but also the products of the animals viz: Cheese, butter and eggs, and many things in the vegetable kingdom which we know hygiene teaches is hurtful to the human system and that it would not be in accordance with the word of God to use them as a diet.

We can also go into the mineral kingdom and there find something of common use, salt and soda which should be used quite sparingly as they are only irritants.

Most all will readily see that all fermented and alcoholic liquors and narcotics, including tobacco, should not be used. The more common things like tea, coffee, peppers and spices, and even the other animal product, milk, should soon fall into disuse; for so many of the cattle now are found to have symptoms of the dreaded disease—tuberculosis.

We profess to be Adventists, those who are looking for the Lord to come and receive us unto himself preparatory to setting up his kingdom, and if we would be perfect and obey him, so that we shall be ready to meet Him, we must put aside *everything* that would defile or destroy our physical being in the least. God says to his people: "ye are the temple of the living God," and beseeches them: "Present your bodies a living sacrifice, holy, acceptable unto God." So we must follow out the injunction given us: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

And should not we return to the original bill of fare which the Creator gave us in the beginning? which we find recorded in Genesis 1: 29? And only because of the hardness of the hearts of the people, and his mercy toward them, did he permit them to have other things for food; just as he permitted them to be divorced from their companions in

marriage. (Matt. 19; 8, last clause.)—S. H. Carnahan, College Place, Wash.

WITHSTANDING HEAT & COLD.

I have followed the Vegetarian system mostly and with great advantage. Economy is the least of its benefits although this is important. Though more than 60 years old, I have been able to withstand the heat of summer and the cold of winter, the grip and other evils. Occasionally in coldest days I have imagined that a little bacon would be a desirable addition to my diet but one day's experiment would suffice and I would have no further hankering for the flesh pots.—P. J. Reed, Kansas City, Mo.

SANTA CATALINA ISLAND.

I have not eaten any meat for about four or five years. I have better health now than I have ever had in my life. Before I quit eating meat I spent over one hundred dollars for medicine in four or five years. Since, I have not spent one dollar. Before I used to drink and smoke: I do neither now. Very seldom use coffee or tea, but use lemonade, instead with my meals.

I eat oatmeal for breakfast with milk. I eat Boston brown and Graham bread, beans and other vegetables for the other two meals.

Two years ago I walked from Los Angeles to Santa Barbara, one hundred and twenty miles: went through to see the country. One day I only had one meal besides eating apples. I have been camping on the Island here all winter in a tent. I have been to every place on the Island. I walk about two hundred miles a month for exercise. The 5th of February I walked to the other end of the Island and back in fifteen hours and a half which is called by trail fifty miles over the mountains. The highest point is two thousand feet. I just had a lunch of brown bread and water. I haven't hunted or fished any for ten or twelve years. Never take life if I can help it.—J. H. Freeman, Santa Catalina Island, Avalon, Cal., March 22nd, 1897.



Food, Home and Garden

PHILADELPHIA, MAY, 1897.

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

Dr. M. L. Holbrook lectured before the N. Y. V. S. March 23rd on "A Balanced Diet."

James Levy, Birmingham, Ala., writes: "I have been a Vegetarian five years and enjoy good health"

We congratulate Mr. & Mrs. Albert H. Snyder of Chicago, on the advent of a son, March 10th, 1897.

We learn that the manufacture of Cocomut butter is to be removed from Chicago to Philadelphia and expect to be in operation in May.

I feel much interest in F., H. & G. and hope for the steady growth of its ideas.—Mrs. R. M. Webster, 139 De Lacy St., Pasadena, Cal.—Such expressions coming from friends remote and near encourage us to believe the work in which we are engaged is being appreciated and will eventually be established on a self-supporting basis.

Our farmers are asking for a premium on exported wheat to enable them to compete in the foreign wheat market. We would rather give a premium on home made sugar so as to turn the attention of farmers from wheat culture (which is over done,) to beet culture which is almost neglected, and which does not impoverish the soil as does the wheat crop.

The monthly meetings of the Phila. V. S'y are of increasing interest and attendance. Prof. James S. Doolittle delivered an excellent lecture on April 19th with cranial delineations. He showed the beneficial effects of a well developed alimentativeness. An interesting discussion followed. Mr. T. James of Chicago, and Miss Tabor of Battle

Creek, Sarah Hall, and Drs. Hanna & Harvey J. Lovell took part. The next meeting will be held May 17th.

The C. A. & P. Society in addition to the action taken as reported in the *Public Ledger*, requested Josiah L. Leeds the historian to draw up a memorial to be signed by leading citizens in regard to prize fighting and said memorial is published in our present issue omitting forty names of Bishops, Clergy, Editors, etc. We regard the brutality of prize fighting, modern foot ball, vivisection and general delight in public executions, in killing for sport, for the fun of seeing creatures wreathing in the agony of death, and in preparing for war, as the natural result of feeding on the flesh and blood of other creatures. All such blood shedding would soon become as abhorrent in America as it is in India were flesh-eating discontinued.

BIBLE CORRESPONDENCE SCHOOL.

Clifford G. Howell, 31 Lincoln St., Battle Creek, Mich., has opened a school for the study of the Bible by correspondence. Write him for information.

A NEW VEGETARIAN DEPOT.

Madame Alexandrine Vegele has opened a Depot for Vegetarian Literature and Supplies, at 96 Crawford St., Baker St., London, W. This lady is the founder of the Woman's Vegetarian Union and is putting unbounded energy into the good work. We trust this new enterprise will be well sustained.

THE DEATH OF MISS FOSKETTE.

The brilliant young lawyer and teacher succumbed to an effort to follow two professions at one time. She was always a very delicate young lady, whose mental force and ambition were too much for her physical power of endurance. Her early death should be a warning to all engaged in brain labor. She was greatly beloved by all who knew her and Chicago is sorrowing on account of her departure.

May,



INTEREST IN THE FIGHT DEPLORED.

At a meeting of the Christian Arbitration and Peace Society yesterday, the following resolution was, on motion of Rev. Henry S. Clubb, unanimously adopted:

"That this Society hereby records its sorrow at the very general interest taken throughout the country in the personal combat between two noted prize fighters in one of our Western States, and its earnest protest against this exhibition of brutality as an indication of a low condition of public morals and in direct opposition to the spirit of Christianity which is the professed standard of our civilization. It also expresses its high appreciation of the action of Congress and those State Legislatures that refused to permit this exhibition to take place within their respective jurisdictions."—*Public Ledger*.

THE DEATH OF PRESIDENT SORLEY.

The publicity given to the death of the President of the Chicago V. S. accompanied by the statement of the son that it occurred in consequence of abstaining from flesh called forth this statement in the *Chicago Vegetarian*:

"Mr. Sorley was a rugged Scotchman. Though nearly seventy years of age, he did not look to be more than fifty. He was unusually active for one of his years.

"Genial and pleasant in his manners, and of a loving disposition, he made friends of everybody. One of the rules of his life was never to speak evil of any one. He told one of his friends shortly before his death, that he had a dissolute son whose waywardness had caused him much trouble of mind. The son, he said, was addicted to the drink habit, was a spend-thrift, and did not support his family. He supplied him with funds continually, and did all he could to reform his poor little boy, as he affectionately called him.

"Mr. Sorley was nearly seventy years old: he had been a vegetarian but a very short time, and it is patent that the cause of the cancer lay back of the time that he espoused the vegetarian cause.

"Mr. Sorley's son, who is engaged in the em-

ploy of the largest slaughtering firm in the world, took occasion to remark to a *Tribune* reporter that it was the opinion of certain persons, whom he does not take the pains to name, that his father's fatal illness was due to vegetarianism. The attending physicians scout the idea, and none will affirm it. Mr. Sorley's vegetarianism has always been a thorn in his son's unenviable occupation, truly, but the latter showed very poor taste, to say the least, in making the death of his aged father the occasion to advertise his employer's meat business.

"Young Sorley is quoted as having said that the members of the Vegetarian Society called on his father continually during his illness, and that he finally put a stop to it as he had no faith in the vegetable drugs which they brought. If the son was not misquoted he lied. Not a single member of the society was permitted to see his father during his illness. The son informed a member of the society over the telephone, that his father had been removed to his, the son's, home and that he would not give his address, as he did not wish any one to call. He agreed to keep the society advised as to his parent's condition.

"The remains were taken from the city without an opportunity being given the friends of the deceased, (and his best friends were in the Vegetarian Society) to pay their respects to their honored co-worker. The vegetarians do not believe that the sick man was unable to be seen, as it was known that he was conscious almost to the last."

We know a lady in Chicago who attributes her cure of cancer to abstaining from flesh—a much more likely occurrence than that death by cancer was caused by such abstinence. The name and address of this lady can be had if desired. Her physician had decided on an operation.

A SWEET BREATH.

At this time of the year we should draw the peoples attention to the fact that Vegetarians although consuming more fruit than flesh-eaters escape almost entirely from the bowel troubles that are such a scourge to the flesh-



eaters who are afraid to eat fruit and are deluded with the idea that fruit causes the difficulty whereas it is the flesh that so stimulates the intestinal canal that it is not in a fit state to deal with the less exciting diet of fruit. I can generally tell a meat eater if I get near enough to smell his breath. I never knew a person to leave off eating flesh whose breath did not improve in this respect.—C. W. Persons, Jamestown, N. Y.—The sweet breath of the cow and other graminivora compares very favorably with that of the carnivora, which is exceedingly offensive.

THE DENSMORE DECLINE.

Mr. A. H. Potts, Editor of the *Chester County Times* writes: "More than ten years ago I came in contact with the Vegetarian theory of diet and at once adopted it as the best I had studied and have been greatly benefitted by it. Recently I have fortunately come in contact with the writings of Emmet Densmore, M. D., who I consider clearly proves and plainly points out an advanced Vegetarianism altho' we may not be able to call it that. His experiences in vegetarianism as I have practised it, are very much my own and hence I can fully comprehend all he says. Nor do I think Vegetarians should condemn him without trial. My condemnation of meat has been mainly from a moral standpoint and as the advanced diet of Dr. Densmore does not include meat I can receive it. The only use he allows of meat is as a medicine, which is certainly fair. The adoption of his diet will, I think, do much for the advancement of the moral principle on which Vegetarianism is founded and we hope to see something about it in the columns of FOOD, HOME & GARDEN."

Dr. Densmore has done good service to humanity by calling attention to the immense value of nut food. His antagonism to Vegetarianism and his attempt to throw ridicule upon the Vegetarian movement; his writing the "Rise and Fall of Vegetarianism" and his association with the patent medicine business no doubt contributed to the down-

fall of his publication, *Natural Food*.

In Emmet Densmore's tract in regard to the discontinuance of his publication, *Natural Food*, the Doctor takes this position: "When the ideal life is developed on earth there will be no need of overstrain and overwork, and when that time comes there will be no need for meat or fish or milk, or animal products. In the present condition of mankind most persons, so we believe, will achieve better health and vigor by using a small portion of meat or fish with their one meal a day than they can upon a purely vegetarian diet; even the substitution of milk, cheese, butter and eggs will not answer the same purpose." This does not seem like regarding flesh as medicine, unless medicine is to be taken with food at each principal meal. Our friend Potts is evidently misinformed on this subject.

The fact is Dr. Densmore is not disabused of the vulgar error that flesh, although made of vegetable food, contains something more important to health than the vegetables of which it is built. It would be interesting to know what it is: whether it is the uric acid or the ptomaines, both of which are poisons, which the doctor regards as so necessary to health? It is the old "moderation doctrine" applied to flesh, that has continued the manufacture of drunkards in its application to liquors.

The fact is the overstrain and overwork is mainly caused by the stimulating nature of the food and drink, and the costly method of living involved therein; and we might just as well prescribe that a man shall never go into the water until he can swim as to prescribe a meat diet until the "ideal life" is developed. What kind of ideal life can be developed on slaughtered beasts, birds and fishes? The very first step towards an ideal life is to abandon the gross and selfish habit of killing animals and eating their remains. Dr. Densmore has yet to learn the A. B. C. of Vegetarian philosophy as taught by Zoroaster, Pythagoras, Plutarch, Swedenborg, Wesley, Newton and other examples of the ideal life.

HOME DEPARTMENT.



COCOANUT BUTTER PIE CRUST.

Mrs. Dr. La Pierre writes: "I have used Cocoanut Butter a year and cannot say too much in its praise. I wish you could get a recipe for making pie crust of it; one that is very definite. Mine is stiff and hard, though I make it just as I do of cow-butter, which is very nice."—Will some friend kindly furnish such recipe?

MENU FOR A DAY IN MAY.

BREAKFAST.

Strawberries.	Cream.
Tomato Omelet.	
Red Radishes.	Water Cress.
Brown Bread.	
Milk.	Spring water.

Table Decorations: Trailing arbutus.

DINNER.

New Potatoes a la Glace.	Creamed Asparagus.
Spring Beets.	
Strawberry Short Cake.	Brown Bread.
Iced Cocoa.	

Table decorations: Hepaticas.

SUPPER.

Spinach Fritters.	Toast.	Poached Eggs.
Stewed Tomatoes.		
Muffins.	Baked Rhubarb.	

Lemonade.

Table Decorations: Dog-tooth violets.

RECIPES.

Potatoes a la Glace.—Take the desired amount of potatoes; pare and parboil in salted water. When nearly soft take off the fire and dip in beaten egg, place in pan with melted butter and brown in the oven.

Spinach Fritters.—Boil the spinach till it is quite tender; drain, pare and mince it fine. To one pint, add half a pint of grated stale bread, some nutmeg, two eggs and a teacup of sweet cream or rich milk, season with pepper and salt and fry.

From J. H. Freeman, Avalon, Santa Catalina Island, Cal.

Steamed Brown Bread.— $\frac{1}{2}$ cup each of Graham, rye and corn meal, 1 teaspoon salt, 1 $\frac{1}{2}$ teaspoon soda, 3 cups sweet milk, 2 cups New

Orleans molasses. Stir well and steam in a vessel with a lid on 4 hours.

From Mrs. Dr. La Pierre, Mattawan, Mich.

Michigan Potato Pie.—Melt 1 teaspoon Cocoanut butter in a 2 qt. pudding pan. Over this put a layer of cold, boiled and chopped potatoes, a thin layer of bread crumbs, season with pepper and salt. Repeat this until pan is scant $\frac{3}{4}$ full, pour over this $\frac{1}{2}$ cup of sweet cream, (or $\frac{1}{4}$ cup milk with 1 teaspoon melted butter). Cover with a paste made of $\frac{3}{4}$ cup sweet cream, a little salt, 1 teaspoon baking powder and flour enough to make a stiff batter, bake and serve with a brown gravy.

By Mary J. Safford in *Ladies' Home Journal*.

Strawberry Shortcake.—1 quart of flour, 1 cup of butter, 3 teaspoons of baking powder, $\frac{1}{2}$ teaspoon of salt, the white of 1 egg. Rub the butter into the flour, then add the baking powder and salt. Beat the white of the egg to a stiff froth and add with cold milk sufficient to make a dough stiff enough to roll out. Make cakes about $\frac{1}{2}$ inch thick, bake in pie-tins in quick oven. When done, cut around the edges and split them; place a thick layer of well-sugared strawberries between, sift powdered sugar over the top and serve with cream.

PEANUTS FOR CONSUMPTIVES.

The *Journal of Hygiene* states that Dr. Brewer has a new idea concerning food for consumptives. His treatment consists of inhaling the fumes of vinegar and the eating of peanuts. He gives his patients as many peanuts as they can eat without injuring their digestive organs. Dr. Brewer says; "I now recommend feeding (do not laugh) peanuts. One would think this a very indigestible diet, but they crave them, and it has always been my policy to find what my patients desire to



eat, and unless it is too unreasonable I humor them. Two ladies have become quite plump, and after a year's inhalations have ceased coughing and I pronounced them well. The peanut was long known as an excellent fat producer, and much more agreeable than rancid shark oil that oftentimes is sold for cod liver oil. While not all can digest peanuts, a great many even with feeble digestion eat them without discomfort. It beats the Koch lymph and is the most satisfactory treatment I have ever tried for these diseases."

The Sanitas Food Co. of Battle Creek are furnishing various preparations of nuts such as Bromose, Nuttose, Lac Vegetal or Nut Cream, Almond Butter, Pure Nut Meal, Almond Meal &c. made from the choicest nuts intended to supersede the use of the products of the cow from which tuberculosis or consumption is so often produced in the human system, while these articles are excellent for those who can afford them, those who are obliged to economise, can, by using the Vegetarian Society Mill, prepare nuts in various digestible forms at very little cost.

We believe with the use of these wholesome foods from nuts, consumption, the great scourge of humanity, may be largely eradicated.

RECIPES.

Translated from *Einfach & Schmackhaft. Vegetarches Kochbuch* von Ida Winter, by Chas. F. Koenig.

Strawberry Soup.—3 pints of water, 1 pt. strawberries, 5 zwiebacks or dried bread, some lemon juice. Cook in covered dish. Add $\frac{1}{2}$ lb. sugar and yolks of eggs.

Chestnut Pudding.—Put hot water on the chestnuts and take the skins off. Boil soft in milk. Put through a sieve some yolks of eggs, mix white of egg with salt and sugar. Bake $\frac{1}{2}$ hour, serve with vanilla or some other sauce.

Doughnuts.—Put into a pan flour and eggs, a little sugar, butter, salt and some milk, beat with a wooden spoon until air bubbles are produced, work dry to size of an egg, put in an earthen dish with boiling milk, do not lay too close until milk is absorbed or boiled

dry. Doughnuts should have a yellow tint. To be eaten with fruit sauce. Use earthen pan for cooking.

From the *Fat of the Land and How to Live on it.*

Shredded Carrots.—Cut the carrots in strips about 2 in. long $\frac{1}{4}$ in wide and $\frac{1}{8}$ thick. Put in kettle with water enough to show, but not to cover, being always careful not to let the water boil entirely away. Just before it is taken up, add a tablespoon of cocoanut butter or butter oil, rubbed into a teaspoon of flour or corn starch, together with a tablespoon of chopped parsley. Serve with a border of parsley.

To Cook Dandelions.—The cultivated dandelion is a great favorite being more delicate than the wild variety. Look over carefully and wash in several waters. If very old, pour boiling water over and let them stand on the stove ten minutes, drain and steam like spinach, or boil in as little water as possible two hours or until done. A large handful of cultivated sorrel is said to give an excellent flavor to dandelion or any other greens when cooked with them. When done, drain them in a colander, cut with a knife, season and serve the same as spinach. Beet tops, mustard leaves, dock, milkweed, cowslips or anything used for "greens" should be fresh, very carefully looked over, and washed in several waters.

COOKING VEGETABLES.

The *Fat of the Land* &c. contains many good recipes and directions for cooking vegetables which we would do well to follow in preparing the early spring vegetables for table use. We quote the following:

"Vegetables for stewing should be pared very lightly, as a large part of the nutriment lies just beneath the skin. Steaming vegetables is the best method, the most economical and labor saving. When the water in the steamer boils, put the vegetables in dry, and cook until a fork will penetrate them. Vegetables when cold may be finely chopped for hash, or if warmed, mashed and seasoned may be dropped from a spoon in small cakes and baked. They can also be used for soup, puree, salad or stew, with suitable seasonings.



From R. Syde, Chicago.

MODERN NECESSITY FOR ARTIFICIAL PLANT FOODS.

In the constant struggle for existence the horticulturist and farmer is forced to meet and supply the popular demand. Quantity must be considered as well as quality, and to even a greater extent the saleable appearance of the product must be considered. If the orchards and fields were tended by nature alone, our fruits, vegetables and grains would revert to ancient forms; therefore, in order to preserve the results of the selections and experience of our forefathers, artificial aids which supplement natural methods are followed, or methods which bring about the results wanted by husbandmen to supply the demands of their markets as to looks, quality and quantity of the produce, are employed wisely or otherwise.

RESULTS OF EXPERIENCE.

It was soon found that decaying vegetable matter which had passed through the alimentary canal of domesticated animals increased the yield; that a crop grown for its roots, followed by one raised for its leaves; helped to maintain the proper balance of plant food in the soil. That some plants when returned to the soil entire, as by plowing under (called green manures) tended to increase soil productiveness, also that tillage was such an advantage, that it became a proverb "He who tills his land manures it."

ADVENT OF CHEMISTRY.

Chemical analysis of different soils showed they were composed of varying quantities of the substances found in the ashes of plants, partly explaining why one field was more fertile than another. This suggested the mixing of soils, and to-day we have as a development therefrom, the vast and steadily increasing use of the so called fertilizers.

DIFFICULTIES OF THE FERTILIZER QUESTION.

But chemistry has not solved this question, it has rather added to the difficulty. We find some successful and prominent farmers who would use nothing but chemical fertilizers, supplementing them with green manures; and who actually keep no more animals on their farms than is actually required to supply power etc. On the other hand, equally prominent and successful farmers are unable to obtain any beneficial financial results from their outlay and use of commercial fertilizers, but advocate the practice of growing leguminous crops for turning under as green manures, the saving and applying all the well rotted dung they can procure, and good tillage, with intelligent crop rotation.

LENTIL CULTURE IN AMERICA.

Has the cultivation of lentils been fairly tried in any of the states of this country? We believe it has not. Let us hear from the Agricultural Department on this subject, if it is not been kept too busy distributing common flower seeds.

CASA BANANA.

This new fruit is described as a fine keeper. It has been kept till Jan. 1st; then peeled, cut into inch lengths and preserved with equal weight of sugar, boiled in a little water and placed in glass jars. It makes a rich preserve with a flavor resembling a combination of muskmellon and pineapple. Sliced lemon may be used to give it the desired tartness. By combining it with apples it makes an excellent jam or marmalade in which case but a small quantity of sugar is required. It is said this fruit was first grown in this country by a lady in Louisiana who found the seed in green coffee bought of the grocer. It has a vine 10 feet long.



CHARLES W. FORWARD.

We have great pleasure in presenting a portrait of Mr Charles W. Forward whose literary labors in connection with the Vegetarian movement in England have placed him among the most industrious and talented of the English propagandists. Although retired from the editorial responsibility of the *Vegetarian Review*, Mr. Forward contributes articles of special value to the *Review* and *The Vegetarian*. He has recently commenced a series on "The Pioneers of Vegetarianism" beginning with an account of our esteemed personal friend William Harvey, J. P. His contributions to the *Review* have taken the form of "A History of the Vegetarian Movement."

We prefer to give extracts from his writings to giving a biographical sketch, for being a young man, he has, we trust, a long and useful life before him.

Our readers had better learn of him by what he does, and then they will be better qualified to form an estimate of his worth than by any eulogy our own admiration might instigate. We are rejoiced to know that the movement in England is so well sustained as it is by young men of high literary merit of whom Mr. Forward is a most excellent example.

His history of the movement commences with Pythagoras and Seneca, not venturing upon the more mythical period of Zoroaster, although the prediction attributed to this prophet, that a time would come when mankind will live on the products of the Vegetable kingdom, would seem to be a good beginning to such a history. With a picture of Seneca he gives Seneca's remark:

"If these maxims" (the Pythagorean) "are true, then to abstain from the flesh of animals is to encourage and foster innocence; if ill founded, at least they teach us frugality and simplicity of living. And what loss have you in losing your cruelty? I merely deprive you of the food of lions and vultures. Moved by these and similar arguments I resolved to abstain from flesh meat, and at the end of a

year the habit of abstinence was not only easy but delightful."

He then follows with the philosophers and Christian Fathers and comes to modern history with Paley, Pope, Shelley, Bentham, Lamartine, Phillips, Wesley, Howard, Swedenborg &c. He records the fact that although naturally delicate, Wesley maintained fair health and almost ceaseless activity till the age of 88.

In his third article he gives sketches of our late friends Metcalfe, Alderman Harvey and John Smith.

He also gives sketches of Mr. W. Gibson Ward, Graham, Dr. Lamb and Wm. Oldham, the pater of the Concordium in which our name becomes associated with those of the pioneers in the movement in England, and the period, the Jubilee of which is to be celebrated this year, is introduced by pictures of Wm. Horsell and Joseph Brotherton.

The following sketch of Wm. Gibson Ward is specially interesting to us as it was from him we learned the folly if not the wickedness of flesh eating:

"Mr. Gibson Ward, above referred to, was a Herefordshire squire, of Perriston Towers, Ross. He was born in Birmingham in 1819, and became a vegetarian at the age of 30. Mr. Gibson Ward was an able writer and lecturer, possessing a most powerful voice, and, besides being a vegetarian, he was an abstainer from alcohol and tobacco and an ardent opponent of vaccination. He worked long and earnestly for the elevation of the agricultural laborer, and was, from the first, a trustee of the National Agricultural Laborer's Union. In the winter 1878-9, his famous letters to the *Times* newspaper appeared, advocating the use of the lentil as a food and created a large amount of interest in the question of cheap and wholesome food."

Mr. Forward is the historian of the Vegetarian movement and his contributions to periodicals will form the basis of a more permanent work.



CHARLES W. FORWARD.



BOARDERS AND PATIENTS ENJOYING WELKIN BLUFF REST CURE.



MRS. LYDIA G. HAMILTON, MR. FRANK HAMILTON,
FOUNDERS OF WELKIN BLUFF REST CURE, MILLINGTON, MASS.



LYDIA G. HAMILTON & FRANK L. HAMILTON.

IN presenting portraits of Mr. & Mrs. Hamilton, we introduce to our readers two of the most recent acquisitions to the membership of the Vegetarian Society of America, and we do so because they have engaged in a work in which vegetarians throughout the country will feel a deep interest as soon as made acquainted with its nature.

Lydia Goodnow was born at Millington, Mass., April 30th, 1866. From the age of sixteen she has been zealously devoted to the caring for and healing the sick; studying in the Eclectic and Homeopathic schools and in 1889 she studied in medical classes under Dr. Dutton's tuition in the Vermont Medical College which became the Chicago Health University. Dr. Dutton's instruction was distinctly Hygienic and Miss Goodnow attended it both at Rutland, Vt. and at Boston. Miss G. has been very successful in any case she has undertaken. Miss Goodnow took up the study of physical culture, especially the branches dealing with invalids and adults.

While away, teaching, the thought of a hill on her father's farm at Millington came into her mind as an ideal spot for a Sanitarium, and from that time she has planned and worked with this object in view.

In 1892, Miss Goodnow married Frank L. Hamilton, whose picture is also presented, and the two have united in working out the plans of the "Welkin Bluff Rest Cure" as their life work.

Mr. Hamilton being a builder was just the kind of help needed for the enterprise. The site comprises 50 acres of wood land, on an eminence rising about 200 ft. The hill is about 800 feet East and West and about 2,800 ft. from North to South. The ledges of rock

are about half way down the hill on either side. A road enables a team to ascend the hill.

The young timber is mainly oak, especially on the South end of the bluff with quite a few pines, chestnuts, birches, poplars etc. The North end of the hill is almost exclusively White Pine. This is the portion where building has been commenced. Trees of *Pinus rigida* grow near the base of the hill and some of *Pinus mitis* and a clump of *Pinus resinosa* form a pleasant resort for those who desire its healing balm.

Hemlock and Spruce grow in the country round about. Also the Mountain Laurel. There is an occasional Balsam Fir, Cedar and Larch.

On the top of the bluff is about an acre of level land well adapted for buildings among the pines.

Several small lakes help to make the views from the bluff interesting and diversified. They are on the east side of the bluff and when the full moon rises a reflection is seen in one of these placid lakes as perfect as above the horizon. The moonlight adds an enchantment to the landscape and renders the walks among the trees even more delightful than in the day time.

The Athol and Springfield R. R. runs across the eastern angle of the town. Millington is one mile from the R. R. Station. The name of Welkin, or dome of heaven, was given to the hill, it being the original name of the town. The highest place in the town is a mountain 1,200 ft. above sea level.

"Rest Cure" has been adopted in preference to Sanitarium, not wishing to convey the idea of giving medicine. In addition to the trees the wild flowers that grow here add



much to the enjoyment of the guests: the trailing arbutus, of which Mrs. Hamilton has kindly sent us a consignment, is finer than any we have ever seen even on the shores of Lake Michigan and other favorite resorts of this shy early spring flower. It runs riot in this charmed locality and is not so hard to find as in the sand dunes of Michigan. The flowering Dogwood (*Cornus Florida*) grows freely on the hill, as also the wild rose, the shad tree, the mountain laurel, witch hazel and the odorous and other varieties of the golden rod, violets, marsh marigold (*Caltha Trillium*, azalea, the white, odorous water lily, the white and yellow daisy, fringed gentian and many kinds of flowers that require botanists to describe and to classify. Few places could be found more favorable for botanical exploration. Ferns, the dainty maidenhair being among them; and there is scarcely a spot that does not offer living beauties for the lover of nature to enjoy.

On this Welkin bluff it is not designed to build or the present at least, a million dollar hotel, but to place among the pine trees simple cottages where overwrought nervous subjects can breathe the piney, balmy air without leaving their rooms or porches; where the perfume of the evergreens and flowers can be enjoyed even by those who at first cannot leave their cottages, but who under the influence of such surroundings and simple health treatment, can breathe the breath of life and soon become able to walk among the trees and forget their ailments.

The cottages being on an elevation above the morning fogs, are perfectly dry and airy.

In 1895 Mr. & Mrs. Hamilton put up a tent there, and while living in the tent, they started building rustic cottages and then invited some of their friends from the cities to summer with them. These friends came and were so enchanted with the plan that it was discovered that the much desired Rest had made a beginning and some became boarders for the summer, but living in rustic cottages, instead of large, costly hotels.

The picturesqueness of the out of door life; the living in cottages which were then unplastered; the air always so pure, made this first summer on Welkin Bluff a perfect delight and convinced the projectors that the place was all they had ever hoped for it. But after their boarders had gone, for whom they had thought it necessary to provide ordinary fare, they became so disgusted with the serving and eating of animal food that they concluded to give the food question the most serious attention and they soon decided that if it was not possible to build and conduct the place on a Vegetarian basis then they would not build. So they concluded to make their bluff too sacred a spot to be polluted with slaughter and bloodshed or their products.

The place is still somewhat crude, but for those who do not object to roughing it a little during the summer months, we can conceive of no more satisfactory way of recuperating the energies after a winter's campaign of city life and sedentary occupation.

Mrs. Hamilton writes: "All wanting daily light, regular exercise, physical training, massage, and vapor baths could I know come here with much benefit. At present we have two three roomed cottages and two single roomed, which is all we shall attempt until we can fill these with boarders. They all have generous platforms outside and are in every way perfectly suitable for any one to live in through the summer months. We have one made a little closer and have passed a comfortable winter here even with the two little ones. The simplicity and rusticity make these rural abodes much admired by lovers of nature. We hope to get \$5.00 or \$6.00 a week for boarders, including all the advantages of physical culture. Massage, vapor baths &c. would necessarily cost a little more.

"Our garden is already planted and ready to bear this year and one third of an acre is in strawberries. All the berries, black, blue and whortle, grow in wild abundance about here and can be had in large quantities."

Food, Home and Garden

FEELING STRONGER.

I feel no weaker but stronger for my change of diet to that of the Vegetarian.—Sarah Hall, 806 Venango St., Phila.

THE WIDOW OF DR. ALCOTT AT 85.

I have recently been to Oberlin, O., to see my mother and sister. Mother is remarkably well for one born in 1812.—Rev. William P. Alcott, Boxford, Mass.

CHICAGO ENTHUSIASM.

There were 300 at our last meeting at the West Side branch and at the last Central meeting the hall could not hold the people that came. The V. clubs are also enthusiastic.—Frances L. Dusenberry, Mc Vicker Building, Chicago.

VEGETARIAN ADVENTISTS.

Dr. Kellogg attended the American Medical Association's Summer Convention in Philadelphia. He told us the Adventists were rapidly adopting Vegetarianism from principle and predicted there would be 40,000 Vegetarians among them within 5 years.

THE CAUSE IN BROOKLYN.

The *N. Y. Journal* gives a glowing account of what our friend Chas. A. Montgomery is doing to advance the Vegetarian cause in Brooklyn. It says: "Mr. Montgomery is not keeping his Vegetarian movement within the limits of a fashionable fad. He has addressed communications to every resident of Brooklyn who believed in an absolute exclusion of meat from their tables or had any tendency in that direction, inviting all such to join a Vegetarian society which is to hold meetings and conduct an earnest campaign. Hundreds of followers have already manifested their desire to join with him. Vegetarians in New York are numbered by thousands, and Mr. Montgomery says it will not be long before there will be fully as many enrolled in his Brooklyn society as are now championing the cause in New York."

However sensational the article in the *N. Y. Journal* may be regarded, we know that what the reporter says of Mr. Montgomery, personally is strictly true: "Mr. Montgom-

ery, despite his fifteen years without meat, is robust, being of medium height and weighing about 190 lbs. He is about forty years old, but his cheeks are as ruddy and his eyes as bright and clear as those of a country lad of sixteen."

FAMILY OF PYTHAGORAS.

Pythagoras's wife Theano wrote several books and when she became a widow, taught Pythagorean philosophy to many disciples from various countries. Being asked by a woman how long a time a woman might be allowed to pray to the gods after having conversed with a man: "If it were her husband," said Theano, "the next day, if a stranger, never."

The sons, Telauges and Mnesarchus, were eminent philosophers and joined with their mother in the government of the Pythagorean school. Arignote's, (one of the daughters) writings were much admired in the age of Porphyrius. Damo was another, in her hands Pythagoras left his works with a prohibition against communicating them to strangers. This injunction she obeyed at the risk of her life, and tho' she was offered a great sum, rather chose to live in poverty than prove disloyal to her father. Myla was the third daughter. Her works and history were very famous even in Lucian's time. She was so signally virtuous that for her unblemished conduct as a girl she was selected to lead the chorus of maidens in a national solemnity; and, for her exemplary life in marriage, was placed at the head of all the matrons in the like public ceremony. Her memory was so precious that her house was, after her decease, converted into a temple.

Pythagoras's character as the head of a household is signalized by two servants As-traeus and Tamolxes so improving themselves under him that they were affiliated into his sect, and made an eminent reputation in the list of disciples. *Decipit exemplar, vitiis imitabile*.—Examples, vice can imitate, deceive.—Excerpted from *The Guardian*, London, Sept. 19, 1713 by R. Hecker, Philada. May 7th, 1897.



A VEGETARIAN FOREVER.

I am still a Vegetarian and intend to continue until I am called away to a better world, a place where no slaughter is ever committed.—A. H. Jacobson, Woodinville, King Co., Wash.

NO DESIRE TO GO BACK.

It is now 'most six years since I gave up eating meat and fish and I have no desire to go back again to my former way of living.—Barden S. Brookings, Pres. V. S., 28 Winter St., Boston, Mass.

LADY PAGET.

I have read with much interest your article on Lady Paget and the extracts from her paper. It seems to me that the humane and sensible ideas contained in both must surely make headway in the world, especially when advocated by such reasonable persons.—T. A. Abbott, 420 Sibley St., St. Paul, Minn.

IN PERFECT PHYSICAL HEALTH.

We are still Vegetarians, using no flesh meats at all, and entirely eschewing fish and oysters. We are in perfect physical health and mental health as well. My wife is an excellent Vegetarian cook and we never think of returning to Egypt and its flesh pots.—D. H. Snoke, 452 Blake St., Indianapolis, Ind.

TWO ROSY BOYS.

Our friend Rudolph Hecker has received from one of his Vermont converts the following: "We have to bear some chaffing for our fanaticism, but two rosier boys than mine are hard to find. And no medicine closet, nor physician to pay." And Mr. Hecker adds: "Total abstinence is rendered very materially practicable by eschewing a mixed diet. So this correspondent thinks and tells me."

N. Y. VEGETARIAN SOCIETY.

The April meeting of this Society was held on the 27th and was well attended. E. G. Day M. D. spoke on "Health". Mr.

Haviland writes encouragingly of the prospects of this Society.

THE PHILADELPHIA VEGETARIAN S'Y.

The May meeting of the P. V. S. was held on the 17th inst. It was one of great interest. Rev. A. T. de Learsy presided and J. Seymour Doolittle delivered an address on "Nitrogen as Food" illustrated with numerous pictures of eminent men showing such as required nitrogenous or muscle forming food and such as required carbonaceous or heat-forming food.

Mr. Wm. C. Ferris of Chicago spoke, and then read a paper entitled "At Meal Time" [See his paper in Home Department].

Rev. Amanda Deyo from Scranton, Pa. who has recently removed to Philadelphia, said she had several times met friend Clubb at Peace gatherings and had noted his refusal to eat clam chowder and such food as was so common in New England, and being naturally opposed to cruelty had a favorable regard for Vegetarianism. She was now living with Sarah Hall, which gave her a good opportunity for trying Vegetarian diet which thus far was a success. She hoped to come frequently among the Vegetarians of Philadelphia and was learning their ways.

Mr. Henry Doolittle referred to the methods adopted at the Battle Creek Sanitarium for ascertaining the kind of food required by the patients and the time occupied in digestion, by examining the contents of the stomach certain periods of time after eating.

Rev. Henry S. Clubb showed that nitrogen was an important element both in the food of plants as well as in the food of man and animals and the necessity of selecting purer fertilizers in order to have better fruit and vegetables. The nitrogenous plants, pulse and clover being free from coarse animal poisons supply the best fertilizers and are much cheaper than the animal fertilizers sold to farmers. He concluded by moving a vote of thanks to the speakers of the evening who had furnished such an ample "feast of reason and flow of soul."

June,

Food, Home and Garden

Food, Home and Garden

PHILADELPHIA, JUNE, 1897.

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

We never publish an advertisement in F., H. & G. that does not bring numerous responses.

Our 5th article on Vegetarianism in America appears in the May No. of the *V. Review*, with pictures of Shaker life.

Our paper circulates among an intelligent, thinking class of people who know a good thing when they see it advertised.

Our Vegetarian friends who can take summer Boarders should advertise in F., H. & G. We get many applicants for Vegetarian board for the summer months.

Mr. Wm. Canby Ferris from Chicago is preparing and intending to lecture on Vegetarian Hygiene &c. His address before the Phila. V. S. in our HOME DEPARTMENT this month will be read with much interest.

A. W. Kerr, Wichita Falls, Texas writes: "Interest in Vegetarianism is growing here. I have been a Vegetarian about 2 years. Nothing could induce me to return to a flesh diet."—This was accompanied by a club of ten subscribers and orders for tracts &c.

I sincerely hope you may get the 10,000 subscribers you so greatly need. Will try to help you again.—W. L. Atcheson, Sweetwater, Texas.—If our Texas friends were to go to work they could easily send us 1,000 subscribers from their great state. We promise to augment the reading pages to 24 as soon as 10,000 subscribers are obtained.

The enterprise of Mr. & Mrs. Hamilton of which we publish an illustrated account in this

number deserves the support of all vegetarians who can afford to go there. There should be a Conference of Vegetarians for the good of the cause at Welkin Bluff this summer. Let us hear from our friends as to how many could meet us there in August next should we call a Convention.

Our printer who has done much to improve the appearance of FOOD, HOME & GARDEN was not a Vegetarian and he has been addicted to tobacco and the result is he is suffering from lung difficulty and has had to go to the hospital. It took us over a week to get suited and this has caused delay in this issue. We trust, however, our friends will be satisfied with the present issue when they do get it.

I should like to unite with the Vegetarian Society if there are any personal advantages to be had. Would be glad to know more about it.—Miss Elsie C. Smith, Kokomo, Ind.—The personal advantages of being a member of the V. S. A. are that the certificate of membership is an introduction to the Society of the best people on the Continent of America, while the altruistic element of your nature becomes developed in the effort to benefit others.

Being a Vegetarian the last 6 years, never to go back, but always forward, shall be thankful to you for a sample copy of F., H. & G. I have long tried to get your exact address; just found in the *Esoteric*.—Alfred J. Krienitz, 2332 Vleet St., Milwaukee, Wis.—We are frequently receiving letters like the above indicating that there are many Vegetarians who are so isolated as not to know their own headquarters, showing the necessity of a larger circulation of Veg. literature. "Philadelphia" will always reach us if the St. & no. be omitted. We need to place F., H. & G. in every Hotel and Reading Room in the land. Will our friends please help do this? Every dollar will furnish four copies to any addresses sent. This is help that all can give and it is greatly needed. Our friends motto is a good one: "Never to go back".



The Vegetarian Cycling Club, London, Eng. has 64 members and 9 associates. The contests won by its members have been numerous. Mr. Bruming broke Stanley Oakes' record of two miles by 15 seconds and on New Year's day broke his own record by a farther 12 seconds. The report for last year describes the gold and silver medals won by the members of the club. G. G. Watts won a gold medal for 100 miles in 5 hours, 38 minutes on on North Roads and on Path 100 miles in 4 hours, 30 min., 50 sec.

GOUT & FLESH-EATING.

One-twelfth of the population of England suffer from gout. A Berlin physician, Dr. Feahlner, says that this malady is often due to the excessive use of meat.—*Record*.—We have never known a vegetarian afflicted with gout.

"SUN COOKED FOOD."

Query: I would ask through the F., H. G. "What am I to understand by SUN COOKED FOOD?"—This term has been usually applied to fruit, grain, nuts &c., ripened in the sun in contradistinction of root vegetables that mature underground ~~or~~ seem to require artificial cooking to make them suitable for food.

FROM A SENSE OF JUSTICE.

Frank Aker, Middleburg, Scho. Co., N. Y., who has recently become a member of the V. S. A., has, his brother writes: "been a strict vegetarian 2 years and 5 months, using the past year or more not even milk and its products, or eggs, as food." He is 18 years of age and with his elder brother Nelson J. Aker, "find that a diet free from flesh, is absolutely and entirely beneficial, but we became vegetarians from a sense of justice."

A WORKING MAN'S TESTIMONY.

It is now over two years since I quit eating meat and I am more alive than when I quit. I have worked hard all the time since. There are four or five persons in this vicinity who are "almost persuaded" to become Vegetarians. I have been letting

them read F., H. & G. and other literature on the subject.—A. H. Jacobson, Woodinville, King Co., Wash.—Mr. Jacobson is doing a good work giving information to working men. We send him FOODS for distribution. Will others kindly help him in this way?

A COLORED YOUTH CONVERTED.

The arguments of Dr. Willis O. Hahn and three numbers of F. H. & G. which Dr. Hahn gave me, induced me to become a Vegetarian almost a year ago and I have no desire to return to the "flesh-pots".—Stewart B. Phoenix, 162 E. Market St., Wilkes Barre, Pa.—Dr. Hahn has written several valuable tracts which are worthy of large circulation:—"Why I became a Vegetarian" is one of them. Mr. Phoenix has engaged in a discussion of Vegetarianism at the A. M. E. Church at Wilkes Barre.

CHARACTER MOLDED BY FOOD.

I am satisfied that our characters are molded by the food we eat as much as by any other influence, as is evinced by the people who consume large quantities of beef or swine flesh. Neither does the argument that a vegetable and cereal diet conduces a timid or cowardly state of mind find any evidence in history, but rather to the very contrary.—Miss Elsie C. Smith, Kokomo, Ind.—Yes food that induces steadiness of nerve improves individual control of temper as the nerves are so intimately connected with the brain and mental organs.

VEGETARIAN JUBILEE.

This is the jubilee year of the Vegetarian movement, and there are prospects that the event will be becomingly celebrated. The number of persons professing vegetarianism has increased largely in England, and in London many new restaurants have been opened which provide only a vegetable menu.—*Record*.—The Jubilee of Vegetarianism in this country will be May 15th 1900 as the first American Vegetarian Society was organized May 15th, 1850. Shall we celebrate it? If our readers will concentrate their efforts on

June,

Food, Home and Garden

giving FOOD, HOME & GARDEN 10,000 subscribers they will enable the Society to celebrate it in good style.

CANNOT CLIMB.

Wishing you great success in your noble efforts. Beast killing and flesh-eating man will not be able to climb up to a high platform of morality.—Prof. Habel, Y. M. C. A. Building, 15th & Chestnut Sts., Phila.—Prof. Habel is constantly engaged in teaching young people languages at the Y. M. C. A. Building. But he finds time to put in a good word for vegetarianism and is exercising a beneficent influence over his pupils. We called on him recently and found him a most genial teacher with strong humane sympathies. He gave a strong testimony for vegetarianism, speaking loud enough for all his pupils to hear it. He pointed to our nearly 60 years experience and asked his pupils if our case did not confirm his testimony?

BANANA FLOUR.

In reply to inquiries on the subject, Banana Flour is made by Mr. James P. Hall, Armadale Works, Brown's Town P. O., Jamaica, W. I. A letter received from him offers to supply the article at Dry Harbor, Jamaica for \$28.00 or \$30.00 a ton shipping it to N. Y. The ton is 2240 lbs. Mr. Hall has received the highest awards at the Jamaica Exhibition 1890, and at the World's Fair, Chicago, in 1893. He ships it to London at \$30.00 a ton. He guarantees the flour up to the sample he exhibited in Chicago, and warrants it pure and free from salt, or any adulteration whatever. Mr. C. Amory Stevens of New York, and Capt. D. L. Baker, Port Antonio, Jamaica furnished this information. We wish some one would start the importation of Banana Flour in N. Y. or Philadelphia. If not subject to a high import duty, it must be a cheap food as it is highly nutritious.

OUR SEVENTIETH ANNIVERSARY.

Earnestly praying that your strength may hold out many years enabling you to work for the good cause. I am sincerely yours,—Eliza R. Sheir.—With such good earnest

friends praying for us all over the country as our letters indicate, we may reasonably hope for a continuance of our strength but as the 21st of this month will be our 70th birthday, we are reminded that the usual span of life, three score and ten, has been attained. It is our desire to establish FOOD, HOME & GARDEN on a sure footing of 10,000 subscribers so that when we are called away it can be continued by those who *must* depend on their labor for support. If our friends throughout the country desire to commemorate our 70th birthday they could not do it more effectively than by sending four subscriptions at 25 cts. each, as a means of relieving us of all anxiety as to the success and continuance of this publication. We are fairly entitled to retire from this labor now, but if our subscribers generally will do this, we shall feel it our duty to continue the work as long as our strength and life shall continue. With 10,000 subscribers we could obtain advertising enough to keep up the publication in greatly improved form. We need new type and new outfit generally.

THE PINGREE ALLOTMENT SYSTEM.

The movement commenced by Mayor Pingree in Detroit, Michigan, has reached Philadelphia and is in successful operation. It has also reached England, and Queen Victoria has set the example by offering to the council of Cowes, Isle of Wight, a tract of land suitable for the first experiment there. It is a mutual benefit and should not be done as a matter of charity, but as a wise business arrangement by which vacant lots are improved and instead of being untidy, become sources of health and objects of beauty. The time will come when an uncultivated vacant lot within the limits of a city of any pretensions will be adjudged a nuisance. The production of vegetables and fruit would be likely to improve the public health as well as the increased cleanliness and improved atmosphere. Vice President, Anna Leger of the Chicago V. S. 's is secretary of a Bureau for providing allotments for the unemployed. We trust all Vegetarians will exert their influence in this direction.

HOME DEPARTMENT.

MENU FOR JUNE COLLATION.

Table Decoration: Field daisies.

Fresh Cherries.

Potato Salad.

Lettuce.

Pickled Beets.

Mayonnaise Dressing.

Nut Sandwiches.

Graham Biscuits.

French Rolls.

Salted Peanuts.

Olives.

Strawberry Float.

Lady Fingers.

Spring Water.

RECIPES.

From Ys! Q. Zee.

Nut Sandwiches.—Grind some of the nuts so fine as to make a paste or butter; spread on the cut biscuits, as you would dairy butter; grind the balance of the nuts just fine enough to pack, and spread them also on the sliced biscuits. Season both spreads to taste with salt, French mustard or horse radish. Peanuts, black walnuts, butter nuts, chestnuts or almonds will do.

From *What to Eat*.

Strawberry Float.—1 pt. of strawberries, 2 cups of pulverized sugar, 2 eggs, 1 pt. of milk, vanilla to flavor. Crush the berries. Beat the whites of 2 eggs very stiff, and gently add 1 ½ cups of sugar, then gradually add the crushed berries, beating well all the while, until all is a stiff pile of rosy cream. Pile in the center of a glass dish and set on ice to cool.

Custard for Float.—Beat the yolks of 2 eggs well with ½ cup of sugar. Heat the milk to boiling, add to the eggs, return to the stove and boil again until it thickens. Flavor and set on ice to cool. Pour the sauce around the berries when served, or serve with rich sweet cream instead of custard.

From the *American Vegetarian Cookery*.

Potato Salad.—4 boiled potatoes when cold, 4 stalks of celery, ½ of an onion, 4 sprigs of parsley, 1 hard-boiled egg, small pinch of celery seeds. Cut potatoes and celery in

small pieces. Chop onion and parsley very fine, mix with potatoes and celery, sprinkle with salt and pepper to taste, add pinch of celery seeds. Cut the hard-boiled egg in pieces, and mix all well together. Make a salad dressing and pour over the potatoes, &c., and set to cool. Place on lettuce leaves.

AT MEAL TIME.

DELIVERED BEFORE THE VEGETARIAN SOCIETY OF PHILADA. ON MAY 17th, 1897, BY WILLIAM CANBY FERRIS.

Man is a social animal and it is not simply a love of the good things which he finds on the table that makes meal time so attractive to the average man. It is true that the healthy human being, whether man or woman, looks forward with keen enjoyment to the time of giving full satisfaction to the demands of his appetite: especially if the cook is known to be good; but we must also remember that meal time is with many, the chosen season for the free exchange of thought and this is particularly true with those who have risen above the purely animal plains of thought and action and who look forward to the family meeting around the table more because of the Social and Spiritual enjoyment which they derive from it.

This is particularly true of all Vegetarians, for they more than any others have learned the true secret of how to enjoy their meals. While many gourmands strive to enhance the purely animal pleasures of the table by pandering to a perverted and depraved appetite, Vegetarians have learned the better way of enjoying, by exercising a careful control over the appetite. The joy that a well dressed and bloated gourmand feels in swallowing one or



two dozen of raw oysters is akin to the swinish gratification displayed by the hog while gobbling up his mess. The joy which the true Vegetarian feels when he sits down to gratify his keen appetite with the best of food in his reach, and with his appetite strictly under the control of his reason, is a joy worthy in every way of a being with such godlike powers as man. That the Vegetarian has not only much keener enjoyment and more of it, but his enjoyment leaves behind it no after ill effects; no cloud to dull his intellect, no torments of dyspepsia; no fire in his blood to urge him later to seek further excitement in strong drink or in other excesses: all these are the effects which follow indulgence in stimulating and unnatural foods.

As long as we remain in our bodies so long must we recognize the necessity of providing them with proper food, and Nature has made this a pleasure to us by making it an enjoyment to eat. It should be the constant effort of all true Vegetarians to guard against the perversions of this sense of taste; to make the gathering at meal time an occasion of social and spiritual enjoyment as much as a time for enjoying food that is prepared in a refined, skilful and tasteful manner. This task must rest upon the mistress of the household more than any one else and it is in her power to call out the higher and better nature of all those who sit around her board by appealing to that nature which is in every one; she alone can see that the table linen is pure and spotless; that the glasses and china are sparkling, delicate and tastefully arranged, that flowers are set upon the board ministering to the love of the eye for the beautiful and the love of the sense of smell for delicate perfume.

The mistress can do much, but if she is confronted by a constant demand for food that is in excess of all natural requirements, she can not do all; she will be worn out in body and wearied and fretted in soul by the constant effort of providing three meals a day when *two* would be better for every one concerned. The physical strain of washing dishes three times a day for a large family is

more than many men realize, and it is my sincere and deliberate conviction that most men eat three meals a day from sheer force of habit and not because Nature demands them.

Let us consider this question of the number of meals which are prepared in most all American families, three meals a day rain or shine, Sunday or week day: it would indeed make most men open their eyes to be told that breakfast is not ready and wont be ready until dinner time, and that then both meals will be taken together; but as a matter of fact it would send the men to work with keener and more active brains, because the vital forces would not be taxed to digest a meal for which no real demand existed and which was loaded into the stomach from mere force of habit. It would save an immense amount of useless drudgery in the kitchen, and the hearty enjoyment of dinner would more than make up for a little self-control in the matter of eating no breakfast.

I have had personal experience in this matter; during the last winter I read Dr. Dewey's excellent work called "The True Science of Living or the New Gospel of Health." I had been doing much mental work and noticed that my head suffered from my mental activity. For two months I went without breakfast entirely, and walked three miles to my work: I found myself repaid many times for my self-control; my general health improved; my brain grew clearer and my mental operations under better control, and though I confess that I did often get hungry, the pleasure I realized from my simple dinner of bread and fruit made up for it all. I have not kept up the good practice as I should have done simply because of the comment it called forth from those who imagined I was starving myself.

There is one rule so plain and simple that it would seem that every one should know it and put it into practice; this Golden Rule is simply: "EAT ONLY WHEN HUNGRY." There is no rule of our being that is violated more frequently by most men than this: nature has given every man a guide which is

Food, Home and Garden

infallible as that Inner Light that lighteth every man who cometh into the world," but alas it is often perverted and what most men call appetite is simply a habit of eating at a certain time and an expectation of taking food at that time. It is certain that strength comes from perfect assimilation of food and this is too often interfered with by never allowing the digestive apparatus a chance to rest. It is very important that we eat only the proper kind of food; but it is equally important that we eat no food at all until we have a healthy and vigorous appetite for food. How many of you have ever tried the experiment of fasting for one whole day just to find out what a healthy, normal hunger is? And yet Tanner fasted forty days and Griscom fasted forty-five days without taking a morsel of food. Over feeding kills more people than battles.

Just give Nature a chance to get rid of some of the useless material that you have put in your body, by ceasing to take food altogether for just one day; you will be delighted and surprised at the result.

As to the amount of food no person can lay down any invariable rule by which all men can be guided; *experience* is the only true guide. He has not made the very best use of his faculties who has not found by actual test, that certain kinds of food and certain ways and times for eating it, are better than what is the customary way. The testimony of Lewis Cornaro, who lived for fifty years on twelve ounces of solid food a day declared that his health and enjoyment of life increased in proportion as he confined himself to a plain diet and very little of it.

Anna Kingsford, M. D. testified that a diet of fruits, nuts, and vegetables, without animal products or meat of any kind, is the ideal food of man, and gives the best results mentally, morally and physically.

It is certain that when an individual has entered upon the straight and narrow path of Spiritual attainment, certain sources of vitality and strength are freely opened to him which remain closed to those who have never learned

the lessons of self-control and who consequently remain on lower planes of thought and action. Members of the Ralston Health Club here, know that I am only telling the simple truth when I affirm that when we place ourselves in a receptive condition we can absorb power, vitality, health and life from the inexhaustible storehouses which lie all around us in the earth and air. It may not enable us to do entirely without food, but for those who have discovered this source of supply and who have learned to utilize it, the question of diet becomes a very simple one.

I know a high priestess of the Temple of the Magi who confines herself to a half a teacupful of *Graula* twice a day with a few dates or other fruits; and she enjoys the best of health and never suffers from hunger or from that kind of headache which comes from deranged digestion.

These are some of the rewards which come to those who enter upon the paths of Spiritual Attainment, but there are others, and simplicity and self-control in eating and drinking are indispensable conditions to their realization.

VEGETARIAN SOAP.

Mr. Silliman of Philadelphia, a member of the V. S. A., and the T. S., has the wholesale agency of White Cloud Soap, which he assures us is made of pure olive, cocoa-nut, palm and cotton-seed oil. It is the whitest soap we have seen and is very soft and refreshing to the skin. Mr. S. has offered to supply the V. S. A. with this soap on such terms as the profits of sale will inure to the Society. See advt. on cover. By mail a cake is rather high, on account of postage, but when ordered by \$10.00 boxes cost is quite reasonable for so pure and delicate a toilet soap.

GOOSEBERRY SEEDS.

Recent converts to reformed diet who suffer from the constipating tendency of the past regime, will be helped by swallowing fresh seeds of gooseberries. These gently, yet effectually stimulate the peristaltic motion of fairly active bowels without drawback.—R. Hecker.

June,

Apple Blossom Society

GROWING.

How all things grow in the sweet spring weather !
All things grow beautiful together :
The clouds grow soft, the skies grow blue,
The grass grows green, the earth grows new,
The children dear, grow hale and strong,
And the days, the very days grow long.

—*Youth's Companion.*

QUESTIONINGS BY THE EDITOR.

And why, oh why should we this beauty spoil
By killing birds that sing and beasts that toil ?
Why should we mar this earth so bright and fair
By staining it with blood ? Why fill the air
With cries of dying beasts, and trusting lambs,
So sweetly playing 'round their mother dams ?
Why turn this heavenly scene into a hell
Where deeds of slaughter every sense rebel ?
Why should we boast of Spring's delightful charm
Then fill these living creatures with alarm ?
Why take with us a gun to shoot and kill
When we go forth to take of Spring our fill ?
Why should we not all creatures love to see
Enjoy ethereal Spring as well as we ?
Why make ourselves a cruel beast of prey
When we were kindly formed of milder clay ?
Why not strive to make this world of ours
Teem with loving kindness, fruits and flowers ?
So that all may God's many blessings share ;
Enjoy the sunshine and the blessed air.

HOW FOOD AFFECTS OUR TREATMENT OF ANIMALS.

DEAR APPLE BLOSSOMS.—A vegetarian diet will help you very much in regard to treating household pets with kindness. You will find that you are naturally better tempered than flesh-eating children are; also that it will come easier to you to be loving and tender with animals, than it does with *them*, as they are usually fond of teasing them for their own selfish pleasure.

All pet animals, birds, etc. will respond very quickly to affectionate treatment. The following incident from *Our Dumb Animals* for May will surely interest you greatly :

"As Mr. Niedlinger was approaching the place at which he was spending the summer he heard cries of distress. At the corner of the barn he found a colt wedged between the siding and a post which supported the ends of the wires of a barbed wire fence.

"The barbs of the wires of the fence were hurting the colt cruelly. But the cries which Mr. N. heard were not from the colt. They came from the colt's mother, a beautiful brood mare, who stood by with extended neck and wide eyes and quivering body, expressing her

pain, her solicitude, and crying out for the help which she could not give herself.

"Mr. N. hurriedly removed the staples which secured the wires to the post, the wires dropped and the colt went free. The mother, with every demonstration of joy at the release of her offspring, rushed up to it, licked it, put her chin over it, and fondled it with low sounds. Pleased that he had given the mother so much pleasure as well as that he had saved the colt, Mr. N. started along the path to the house, but he had not gone far when he was aware of hoof-falls behind him. He looked over his shoulder. There was the mother. He reached out his hand. She licked it with low whinnies of thankfulness. She followed him clear to the house, and still stood on the lawn thanking him for what he had done in the interest of one whose mother she was, and whom she loved with all a mother's love.—Charles Josiah Adams."

This true story will show you how much a horse can love you if you are kind to it. The same is true about all other animals. A vegetarian child, whose taste has not been perverted or corrupted by meat, will be ever so much sweeter in disposition and general character than one who has become accustomed to eat meat.

Think how cruel it is to take a calf away from its mother, and then carry it to the butcher, to be cruelly killed, and then eaten by those who call themselves Christians? "The cattle on a thousand hills are mine." So says God Himself. What are we doing with God's cattle then, when we stand by and see them slaughtered, as if their lives were of no account. DEAR APPLE BLOSSOMS, do not be deceived ; do not let any selfish arguments discourage you. Some people say that animals were created for food, and will even quote Bible passages that seem to support their assertions. Let us see : "And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed ; to you it shall be for meat [or food]."—Walter S. Weller.



MULCHING BETTER THAN HILLING.

The habit of hilling corn and other vegetables is a common way to avoid weeding close to the plant by hoeing weeds and heaping upon the plants thereby allowing rain to run off and allow the plants to dry up in lands which are naturally dry. A convenient way is to leave the ground in its original flat state, and lay a coat of grass round the young plants, about 2 inches thick. This is sure death to weeds and affords a clean carpet for the cook to walk upon, in search of vegetables. In this way tomatoes, beans, corn and potatoes may be started and need no weeding for the whole season.—Alfred H. Howe, 149th St. & Trinity Ave., New York.

VEGETARIAN HORTICULTURE.

Horticulturists are slowly learning to apply vegetarian principles to the feeding of their crops. The finest grapes are those raised on mineral and vegetable fertilizers while the coarsest are those raised on animal fertilizers and the same principle will apply to the raising of all other fruits and vegetables. The time is coming when there will be as much care in selecting plant food as in selecting food for man and animals. The principle is established that the quality of the product is affected by the quality of the fertilizer used. Let us grow only the best of everything.

FRUIT FOR THE FAMILY.

No matter how far from market a farmer may be, he can grow a patch of strawberries and be sure of a market at home. It is astonishing how much fruit of all kinds can be eaten by a small family when the supply is unstinted. There are few neighborhoods where those who begin by growing a supply of strawberries for home use will not find a market springing around them from neigh-

bors, who keep on in the old ruts because they think they haven't time to attend to such small affairs as the culture of berries. They are small in ~~size~~, but more bushels of strawberries can be grown per acre than any kind of grain, and the fruits may be sold cheap and yet bring more than grain profits.—*Newspaper Cutting*.

ONLY MINERAL MANURE FOR VINEYARDS.

The liability of grape vines to mildew and rot on fruit and leaves is very greatly increased by feeding the vines heavily on coarse, nitrogenous manures. These, in their decay, furnish good field for propagating disease germs in the soil, and the large amount of nitrogen they furnish in mid-summer makes a ~~sappy~~, succulent growth of leaf and new wood that is very subject to attacks of disease germs. While it is true that spraying with Bordeaux mixture and other fungicides will check these diseases, it is still better to fertilize the vines only with potash and phosphate manures, which will not stimulate the vines unduly, and which will keep them healthy. It is not true that a great amount of nitrogenous fertility in any form is needed to produce the best grapes. With plenty of mineral fertilizer, chiefly potash, the grape bunches will be earlier and better ripened, while the wood growth, to be cut away in fall pruning, will not be so over luxuriant. French vinters never manure with stable manure. All the vine receives is the ash from the yearly prunings, which are regularly burned after drying and sprinkled around the vines. Manure affects the quality of the wine. If it ever becomes necessary to apply nitrogenous fertilizers to grapevines, the grapes are eaten.—*American Cultivator*.



DISTANT VIEW OF WEIKIN BLUFF.



NEAR VIEW OF WELKIN BLUFF.

NEW BOOKS.

MEDICAL HYGIENE.

Dr. W. Frank Ross, A. M., M. D. has supplied in this book what has long been needed. It is a handbook of Hygienic treatment in the cure of specified diseases, without drugs. \$1.00 V. S. A. 310 Chestnut St., Philadelphia.

THE TRUE SCIENCE OF LIVING.

The publication of the above book by Edward Hooker Dewey, M. D. marks a new era in the art of living well. We refer to Mr. Ferris's Essay in our HOME DEPARTMENT p. 122, for a testimonial in regard to this, the effect of which we have no doubt will be highly beneficial to those who will carefully study and follow the directions given. The introduction by Dr. Pentecost is a strong endorsement of this "New Gospel of Health." \$2.25 by mail from V. S. A.

VEGETARIAN JUBILEE LIBRARY.

THE JUBILEE of Vegetarianism in England, 1897 has given rise to the publication of a Library of choice Vegetarian literature in convenient Volumes. Edited by Charles W. Forward. The first volume consists of ESSAYS BY ARNOLD F. HILLS and they are inspiring of enthusiasm for the food cause. The second volume is the RETURN TO NATURE by J. F. Newton. These books in cloth will be supplied at 50 cts. each by mail from the V. S. A.

The third volume of this series is *Plain Living and High Thinking* by Rev. Prof. John E. B. Mayor M. A. of whom an extended notice and portrait appears in this FOOD, HOME & GARDEN p. 131. The book should be read by the clergy of the U. S. and our Vegetarian friends by presenting one to their respective ministers would place the subject in a desirable light before them.

SALVADORN.

Mrs. Fairchild Allen, so well known as the Editor of *Antivivisection* has just published in souvenir style, her exquisite poem: "The White Prince Salvadorn a Tale of the Twentieth Century" well illustrated with pictures of the Arab steed, of Mrs. Allen and her charming daughter, Maud B. Fairchild. The proceeds of the book devoted to the antivivisection cause. Price probably 25 cts.

HEAVEN ON EARTH.

Rev. Geo. Savory of the Order of the Orange Blossom publishes a very extraordinary book purporting to be experience related to him by a Chicago contractor in which by the exercise of connubial affection a life of misery was changed into one of happiness and joy. We hope this experience is not so uncommon as is supposed. The Book is suitable for the private perusal of married people and may do much good. 35c. V. S. A.

THE NEW TIME.

This is *New Occasions* (populist,) published by Kerr & Co., Chicago, under the new name. \$1.00 a year. It is a handsome magazine of social progress. Flower & Adams editors. It holds the administration of Pres. Mc as responsible for the promises of better trade during election and claims it should repeal the tariff-bill does

CRIPPLED CHILDREN'S REST, MERCHANTVILLE, N. J.



not produce them. But although it may help, so long as people live expensively when cheap, simple fare is abundant, there will be hard times. The new time can only be attained by a new life of pure and whole some living.

THE SYNOPSIS OF THE VEG. SYSTEM.

I feel that the hope of the world is through Vegetarianism and I want some slips to put into my letters, something dainty and attractive and telling.—Mrs. N. E. Arnold, Supt. of Purity Dept. of the Florida W. C. T. U., Daytona, Fla.—We supply the want above indicated and begin with the "Synopsis of the Vegetarian System" which we sell at 25 c. a hundred or \$1.00 a thousand.—V. S. A., 310 Chestnut St., Philadelphia.

A NEW ERA FOR WOMAN.

This is another of Dr. Dewey's works. It consists of lectures to women on the Gospel of Health as laid down in Dr. Dewey's larger work. We do not entirely endorse Dr. Dewey's methods but the book would afford relief to many suffering women. \$1.00 V. S. A., 310 Chestnut St., Phila.

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We are grateful to our friends Scott, Montgomery, Haviland *et al* in N. Y. for their 50 club subscriptions for F., H. & G. and to all others who so kindly remembered us on our 70th birthday. As there are many yet to hear from we cannot yet claim 10,000 circulation.

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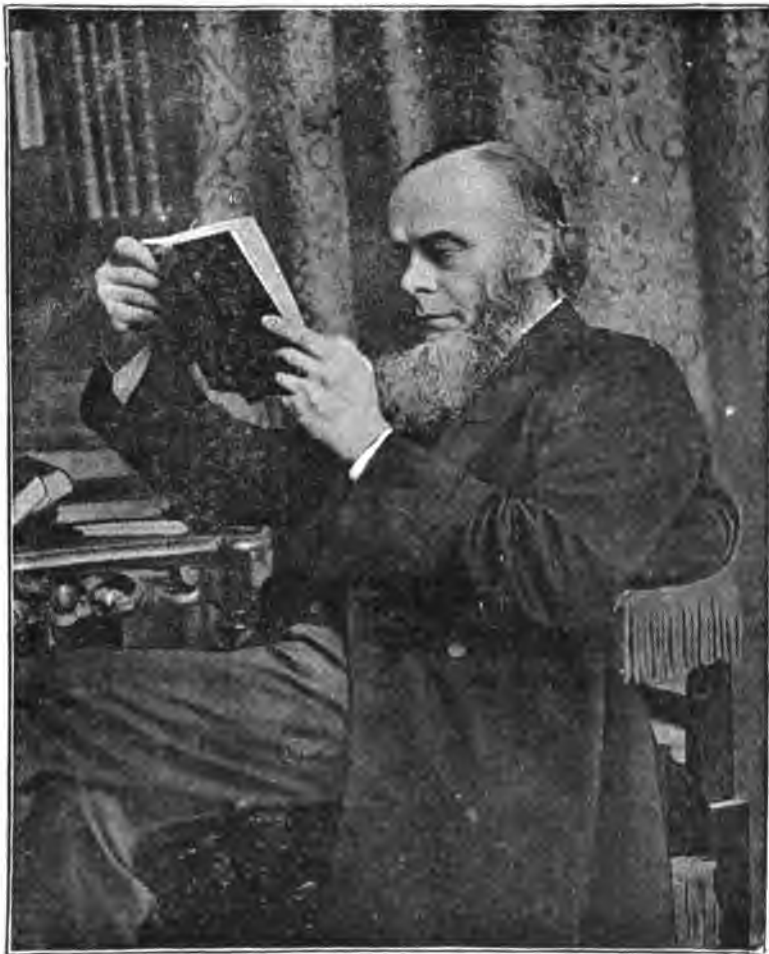
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REV. JOHN E. B. MAYOR, M. A.
PRESIDENT OF VEGETARIAN SOCIETY, ENGLAND.

Food, Home and Garden

VOL. I, No. 9, NEW SERIES.

JULY, 1897.

WHOLE NUMBER, 81.

PROF. JOHN E. B. MAYOR, M. A.

IN presenting a half-tone of Prof. Mayor, we bring before our readers one of the most eminent scholars in England, who is also President of the Vegetarian Society, the Jubilee of which is being celebrated in England.

From a recent publication, vol. III of the Jubilee Library, containing a selection of the Addresses and Sermons of Prof. Mayor, edited by Charles W. Forward, we learn that the Rev. John Eyton Bickersteth Mayor was born Jan. 25th, 1825. That at the age of seven he was a scholar of Christ's Hospital, and that his passion for literature has been turned to good account, being now recognized as one of the first Latin scholars of the day.

His interest in dietetic matters began early in life, his first experiments in this subject being stimulated by a desire to carry out the Lenten fast more consistently than is usually done. Subsequently reading the writings of Dr. T. L. Nichols so entirely satisfied him of the results of his own experience that he entered with enthusiasm the list of advocates of frugality and temperance in food as well as drink.

He was President of the Food Reform Society in the early eighties and was elected to his present position as President of the Vegetarian Society when Prof. Newman resigned that position.

Possessing a remarkably keen memory, a facile pen, a clear enunciation and easy speech, the present Senior Fellow of St. John's College, Cambridge, has proved an important acquisition to the Vegetarian cause.

The volume now published called *Plain Living and High Thinking* is a capital compendium of the Vegetarian Philosophy from the high standpoint of a scholar and cultiva-

ted Christian clergyman of the English Episcopal Church and the book should be in the family of all who aspire to live the true life. It would do immense good if placed in the hands of every clergyman in America and we wish the V. S. A. were supplied with funds for this purpose. How many less important matters are aided even by vegetarians!

From 1863 to 1867, Prof. Mayor was Librarian of the University of Cambridge and in 1863 edited the *Cambridge Journal*.

The first sermon in this book was delivered in our native county in England, Tendring, Essex, in Lent, 1883, from the text: "Take no thought what ye shall eat" and shows that it was not in the original designed to teach indifference but that words "take thought" had in the evolution of the English language changed their meaning since King James's version was written, and that the meaning then was "to be not anxious." "be not fearful" for God will provide for you as he does for the birds of the air. He shows that anxiety is caused by ignorance as to the best food as in fact the plainest, simplest and best food is the most common and obtained with the least outlay of labor and money.

Therefore to carry out the spirit of the text be not anxious, one must adopt the principle of plain living. If the reverse were the case; if high living, as it is usually called, were the best, then the poor would be sickly and the rich healthy, whilst it is well known the rich suffer sickness more than the poor. But if both rich and poor would follow the simple but scholarly teaching of this volume the poor would, in most cases cease to be poor, while the rich would find health and enjoyment in the simplest and most exquisite pleasures of the table.



Food, Home and Garden



There are eight addresses and sermons in the volume and they are all in evidence that high scholarship and strong, common sense are compatible with each other.

SECOND EDITION, EXTENDED.

SUMMARY. OF THE VEGETARIAN SYSTEM.

BY HENRY S. CLUBB.

The *Principle*.—That man, as a physical intellectual, and moral being, becomes best developed in all his faculties when subsisting upon the direct productions of the Vegetable Kingdom.

The *Reasons* for entertaining that principle vary with different persons. They are chiefly based—

I.—ON the ANATOMY OF MAN, as described by LINNÆUS, CUVIER, OWEN, and other eminent scientists, who express their conviction that man was designed to live on the fruits of the earth.

II.—ON PHYSIOLOGY, which shows that the healthiest and least laborious action of the digestive organs, the purest blood, and the most substantial muscle and bone, are produced upon this diet.

III.—ON CHEMISTRY, it being an undisputed fact that flesh food contains no nutriment which cannot be obtained in its purest form from grains, pulse, fruits, and vegetables.

IV.—ON ECONOMY, which is every way promoted by a system providing more sustenance for a *cent* from farinaceous food than for a *dime* from the flesh of animals.

V.—ON AGRICULTURE, which shows that the cultivation of land provides healthy employment for a much greater number of persons than land devoted to pasture, and that a cultivated acre will yield from three to four times as much food as an acre used for grazing purposes.

VI.—ON PSYCHOLOGY, which shows that this system is favorable to the subjection of the passions to the higher moral and intellectual faculties.

VII.—ON ÆSTHETICS, which seek to cherish and promote all that is sublime and beautiful on the earth, to dispense with the slaughter-house, and to liberate from degrading occupation the butcher, the drover, and the cook.

VIII.—ON HUMANENESS, which is founded upon the irrefragable principles of justice and compassion—universal justice and universal compassion—the two principles most essential in any system of ethics worthy of the name.

IX.—ON APPOINTMENT of man's food at the Creation: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."—Genesis i. 29.

X.—ON HISTORY, which shows that wherever it has been adopted it has proved beneficial to the human race.

XI.—ON the EXPERIENCE and TESTIMONY of great and good men, in ancient, modern, and present times.

XII.—ON the INDIVIDUAL CONVICTION, of its truth, which becomes more powerful in proportion as it is adhered to in practice.

XIII.—ON BIOLOGY, as the most practical and successful teachers of this science insist on abstinence from flesh and subsistence on fruits as promotive of clearness of perception and that development of the mental faculties which increases the power of one mind to direct and control the will of another.

XIV.—ON MORAL PURITY as flesheating tends to stimulate human passion and diminishes the power of the highest faculties to control the current of thought.

XV.—ON THE SENSES of taste, smell, touching, seeing and hearing as all these are offended by the flavor, odor, feel and sight of a dead body and the piteous cries of creatures before and during the process of slaughter.

XVI.—ON COMMON SENSE as it is well known that nearly all animals are in a state of disease when slaughtered, in consequence of the cruel and unnatural conditions in which they are placed previous to being slaughtered.



XVII.—ON THE POST MORTEM EXAMINATION OF ANIMALS which frequently shows the existence of tubercles in the lungs, and liver and a large preponderance of uric acid in the fluids of even healthy animals, this being the chief cause of rheumatism so prevalent among flesh eaters.

XVIII.—ON TEMPERANCE, as it has been clearly proved by experience that flesh and the condiments used to disguise its flavor, tend to create a thirst for other stimulants and a resort to intoxicating liquors.

From I to XII of the above were published by the Vegetarian Society, England, in 1849 and now after nearly 50 years we find them still circulated as a tract by that Society. We have added six more items to bring the summary up to date.

DANGER OF BACKSLIDING.

It is a wrong practice for a Vegetarian to indulge in meat especially when sick. Many physicians insist on their patients forgoing meat when sick, though they have been in the habit of meat eating. A flesh eater can adopt the Vegetist's diet without incurring risks, but a Vegetist cannot adopt the flesh eater's diet without danger, showing conclusively that there is "death in the flesh pot."—Geo. W. Brown, N. Danville, N. H.

REV. SAMUEL F. DIKE, D. D. AT 82.

It is now seventeen years since I have eaten a piece of meat as large as my thumb-nail, and I have not the least desire for it. I hope under the good providence of the Lord, I never shall eat any more.

I am very sure they never eat any meat in heaven for it is written: "Man did eat angels' food he did eat of the corn of heaven." Here is vegetable not "meat" as the sellers denominate it, as if it were the only substantial food, but that term as used in the Sacred Scriptures means simply food.

Nothing could tempt me to eat flesh or meat again. I do not believe the Lord ever ate any. I do not remember that the Gospels refer to his eating any.

I am now 82 years old and since I became a

Vegetarian I do not remember a single day of sickness. I eat two meals a day only, and wholly vegetable and fruit. I think 12 ozs. of food is all the human system requires and more than that produces disease in the body.
—Samuel F. Dike, D. D., Bath, Maine.

A FORESTER VEGETARIAN.

I am a strict Vegetarian. I do not believe in killing animals only where absolutely necessary for self protection, but never for human food.

I am living in the forests but do not even own a gun, and have no need of one.

Deers are my pets. There is room for them in the woods and mountains on the main land. All the protection I need is a good fence to keep them out of my fields and orchard.

I have not so far read anything on vegetarianism, but was converted by some friends. (W. L. Forrester, Ballard, Wash.) I would like to provide myself with reading matter on the subject. I spread this new gospel all I can.—John Hulsman, Lopez Island, San Juan Co., Wash.

THE CRIPPLED CHILDREN'S REST.

The Crippled Children's Rest of which we present two illustrations, has been founded by our friend, John B. Wood and he is anxious to have the most healthful conditions provided for the children. He desires several Vegetarian Society Mills to provide employment and prepare healthful food for these unfortunates. The V. S. A. will furnish these mills if its friends will send funds to pay the cost of them. These children may thus be taught the value of Graham Bread and thus the foundation laid for their becoming APPLE BLOSSOMS. Will our friends contribute towards this worthy object? We will also receive and apply any clothing or other things useful for this true work of charity.

GAINED IN HEALTH AND STRENGTH.

I have touched no flesh for 13 months and have gained in health and strength wonderfully.—J. P. Haley, Somerset, Ky.

Food, Home and Garden

THE CAUSE OF GOUT.

The doctors now are finding out
Eating flesh is the cause of gout.
'Tis uric acid in the meat
That so afflicts the toes and feet.

A SOURCE OF GREAT JOY.

I can truly say Vegetarianism is a source of great joy to me.—Mr. L. Ravick, 55 Wall St., Boston, Mass.

FORTY YEARS' EXPERIENCE.

After 40 years of nearly entire abstinence from flesh meats, the entire disuse of butter, salt, vinegar, spices and all condiments and only water for drink. I see more than ever the beauty and the blessing of a pure and simple dietary, of eating to live instead of living to eat, as most of those around us seem to do. Therefore I feel like increasing my efforts to bring these truths before the people and help on a reform that will do so much to make the world better.—J. P. Knowles, Smyrna, N. Y.

A DILIGENT WORKER IN THE CAUSE.

My practice amongst the sick is to use anything but to give them drugs and this gives me a world of work the medicine doctor knows nothing about. I have only taken up the Vegetarian idea of late. In fact I may say F., H. & G. has had as much to do about my abstaining from meat as any or all other causes combined. This alone has saved me many headaches in the past few years. I can talk and prescribe to my patients, and fight for your good cause, but you must furnish me with the material to fight with.—E. Amelia Tefft, M. D., graduate of Woman's Medical College of Penn'a, Fredonia, Chautauqua Co., N. Y.

THE EMERGENCY RATION.

The *Public Ledger*, (Phila.) of June 8 states "that some time ago a detachment of the army was detailed to test an emergency ration and nearly starved while doing so. That style of food was very properly discontinued. Recently, a similar test was made with a new emergency ration, and the results were better. The ration consisted of eight ounces of hard bread, five of beans, two of pea meal, one of

coffee, a quarter ounce of tobacco and the usual condiments. No meat was given. During a ten days' trial, the men travelled 21 miles a day, lost an average of three pounds each in weight, but gained an average of forty pounds each in strength. There seem to be great economic possibilities in this test, and it may be commended to the consideration of civilians as well as soldiers. It is very cheap living, but seems to produce excellent results." The first experiment, which failed, was we understand, on the basis of a mixed diet in which canned and potted flesh was a prominent feature.

CHRISTIANITY AND VEGETARIANITY.

That article in Feb. issue of F., H. & G. about the Lord's Supper exactly speaks my mind, and friend Clubb might have gone a little further and stated that the Kingdom of Heaven on Earth promised by the Nazarene, was nothing more and nothing less than a Vegetarian brotherhood. His having been an Essene before his entering upon his public career had made him familiar with this mode of living, and its happy effects in every respect on all human relations in life. * *

Dr. Nagel, a prominent German Vegetarian, now across the Line and Jordan, has among many other falsifications and wrong translations thrown light upon this passage: The Latin text in the Vulgate reads like this: *Quid quid in macello venditur, edite, nihil propter conscientiam discriminantes*. Now the translators have weakened that down and have diluted the enormity as best they could, and rendered it this way: "Whatsoever is sold in the shambles, that eat, asking no questions for conscience sake." Just take that comma after *edite* in the Latin text and deposit after the next word *nihil* and the whole thing is changed as by magic. It then reads: "Whatsoever is sold in the shambles, eat nothing thereof," minding the promptings of your conscience. Now, where is there the greater probability of genuineness! Let every one decide for himself or herself. This is one instance, how many more of similar character might be found!—H. S., Cedar Vale, Kansas.



GOD'S COVENANT WITH BEASTS.

*Notes of a Discourse delivered June 20th, 1897,
at Christ Church, Park Ave., Philadelphia.*

BY REV. HENRY S. CLUBB,
Pastor of said Church.

And in that day I will make a covenant with them with the beasts of the field and with the fowls of heaven and with the creeping things of the ground.—Hosea 2—18.

A covenant in the ordinary acceptation of the word is an agreement between two parties who are equally able by natural or legal ability to stipulate with each other and agree on terms of action unitedly and to perform their mutual pledges. But in case of a covenant with two parties wherein the one is stronger than the other and more capable of performing promises than the other it partakes more of a promise than an agreement binding on both.

This covenant made with the beasts of the field, the fowls of heaven and with the creeping things of the ground seems to have been a promise to these creatures that there would be a time when the incessant war carried on against them should cease, for it is further promised: "I will break the bow and the sword and the battle out of the earth."

Now if we understand these passages in their plain, literal sense this means the cessation of slaughter for it is immediately followed with the declaration: "Will make them to lie down in safety."

How is it now with these creatures of God's care? They are evidently subjects of God's solicitude, but under the carnivorous or diabolical nature which has been developed in man, none of these creatures can lie down in safety. The bow and the sword were the instruments of warfare used at the time, and they have been superseded by the gun and the axe from which it is almost impossible for any of these creatures to escape a cruel and untimely death, or the most intense suffering which is worse than death.

There is, however, a time coming when man will become controlled by the divine will and

will unite with the Lord in carrying out his promises of kindness and mercy to all creatures.

This unjustifiable warfare against God's beautiful creatures of heaven and earth is to be stopped; man is to be enlightened and humanized so that he will stop it of his own free will and choice.

In the next verse the promise appears to be extended to man: "And I will betroth thee unto me in righteousness and in judgment, and in *loving kindness* and in *mercies*." So that the marriage of the Lord with His church and people is evidently closely connected with this principle of mercy towards the other creatures of God's care. How can God betroth or unite the church with himself while that church is at constant enmity and warfare with the other objects of God's care and affection?

This unnatural and diabolical warfare must cease before the marriage of the Lord with His church can be effected.

The 20th verse repeats the promise of betrothal and shows that it shall be in faithfulness and this faithfulness is followed with the promise "and thou shalt know the Lord."

To know the Lord is to understand him in his humane and merciful nature as he is.

The 21st verse extends the promise that "in that day," that is when man shall arrive at the state of obedience here indicated, "I will hear the heavens and they shall hear the earth." There will be a thorough and complete harmony and understanding between the heavens, the interior, divine nature, the exalted nature, and the earthly nature. Harmony shall prevail when war shall cease. It is no use crying "peace, peace when there is no peace." We cannot have peace and continue slaughter. They are opposites. The one is a preventive of the other.

The 22nd verse: continues the subject: "And the earth shall hear the corn and the wine and the oil and they shall hear Jezreel."

Corn represents the natural good of truth and for the earth to hear the corn is for it to obey the truth and enjoy its goodness. Even



in its literal sense corn is the best support of man and well takes the place of the slaughtered beasts against whom this warfare is to cease. Men learn to appreciate corn, wheat, oats and maize when they give up flesh and blood.

Wine represents the divine truth and in a natural sense the juice of the grape is an element of the most nourishing character for man to partake. The oil is representative of the celestial principle. So for man to hear the corn the oil and wine is to understand spiritual and celestial things as a result of ceasing the warfare on the beasts and the consumption of their flesh. The last clause of this verse: "they shall hear Jezreel" is the same as saying they shall listen to the new church of the Lord Jesus Christ, Jezreel having that signification.

The promise in the 23rd verse is a still wider application of the result of this cessation of the war on the animal creation: "I will sow her unto me in the earth:" that is the good seed shall be sown and will produce the happiest results.

"I will have mercy upon her that had not obtained mercy." The church cannot receive what it will not practice. We cannot enjoy mercy ourselves if we will not practice it on others.

The closing promise seems to cover the whole ground: "I will say to them that were not my people: Thou art my people; and they shall say "thou art my God."

Thus we see the ultimate redemption of the world is to be accomplished by the establishment of the humane principles of loving kindness towards all creatures on the earth.

This is the covenant promise made by God towards his creatures, human, and animal. It may have and has a still deeper and more interior meaning, but the external, logical meaning is not invalidated thereby.

Is not the vigorous movement in Europe and America to abolish vivisection and other forms of cruelty and the movement to abolish slaughter an indication that the day is approaching when this beautiful prophecy is to be fulfilled? Should not enlightened man,

seeking the fulfilment of prophecy co-operate in this? Is not all prophecy also instruction in righteousness? Is not the divine will indicated by these promises? Is it not the church's highest privilege to co-operate in the fulfilment of God's promises to all living creatures? Is not God's promise binding on all God's servants?

V. S. A. MILL.

I have received the mill. I am well pleased with it. I have it set up at a friend's house who is using it.—H. J. Marty, Cleveland, O.

PERFECTLY SATISFIED.

I feel perfectly satisfied with the change I have made in my diet. I would not return to the flesh pots on any condition whatever.—Sarah Hall, 806 Venango St., Phila.

GROWTH OF DANIEL'S BAND.

Our Daniel's Band is growing and thriving, other bands are being organized in different parts of the United States, and we hope that many may be led to vegetarian principles through its influence. There is a growing interest in the subject of Vegetarianism. Since the death of Dr. Graham the cause owes everything to you for maintaining the organization and thus keeping the principles before the people.—J. H. Kellogg, M. D., Sanitarium, Battle Creek, Mich.

"WALKING STEWART."

Thomas De Pumcey in one of his essays describes the noted traveler whom he knew and who was so famous for his pedestrian efforts in and about London that he became known as "Walking Stewart," and he did so much walking that it was reported and believed by many that there were two Walking Stewarts. This man was a vegetarian. I find in the "Philosophy of Sleep" by Robert Macnish, LL.D. published in Edinburg, 1850, this statement: "Mr. Stewart the celebrated pedestrian states that he never dreamed when he lived exclusively upon vegetable food. This however, may not hold true with every one."—P. J. Reed, 710 Main St., Kansas City, Mo.



Food, Home and Garden



Food, Home and Garden

PHILADELPHIA, JULY, 1897.

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

Our remark that we never knew a Vegetarian to have the gout, is being copied into the newspapers. We might have added that our opportunities for observation have been quite extensive during the past sixty years both in Europe and America.

We have recently been favored with a week's visit from Dr. Ellen Goodell Smith, Dwight, Mass., and were glad to make her personal acquaintance. Her book on the "Fat of the Land" is meeting with a cordial reception and is doing much to enlighten the world on the true economy of life.

The Synopsis which appears in this number has been electrotyped in 4 pp and will be supplied by mail to all who desire to circulate it at 5 for 2 cts. 100 for 25 cts. or 1000 for \$1.00. Our friends will oblige by giving it a wide circulation as it will be just the size for enclosing in a No. 6½ envelope. The first edition has had an extensive circulation in England and for 50 years.

We are indebted to Rev. E. W. Rice, D. D., Editor in Chief of S. S. Union publications, for the copy of the *Leisure Hour*, London, containing Dr. Schofield's strong article on "Fruit Eaters." Dr. Rice is always seeking an opportunity to do a good turn when he can. If our readers would each send four subscriptions for their friends we could enlarge and so publish such articles in full.

N. Y. VEGETARIAN SOCIETY.

We had a pleasant meeting Tuesday, 22nd June, and there were very many kindly things said of you and your work of which doubtless

you will receive an official report.—Ellis M. Wilson, 144 St Ann's ave., N. Y. City.

THE PHILADELPHIA VEGETARIAN S'Y.

The June meeting was highly interesting and adjourned to meet by invitation at the residence of Rev. Henry S. Clubb at Northwood, 1023 Foulkrod St., Frankford. Arrangements have been made for a meeting at Northwood Park, July 19th at 3 p. m. This is near said residence. There will be a free Vegetarian Luncheon served at 6 o'clock and another meeting at 8 p. m. The principal officers of the New York V. S. have promised to be present.

HOSPITAL OF ST. FRANCIS.

A vigorous effort is being made to establish a hospital on Humanitarian lines where vivisection of animals will not be allowed. It is to be called the "Hospital of St. Francis" and located South of London, England, in honor of the Queen's Jubilee. The circular does not say it is in honor of the Vegetarian Jubilee, but we presume that is included. The circular is not explicit as to whether the hospital is to be conducted on vegetarian principles so we are not in position to press its claims in this respect. The Treasurer is at 6 Southampton St., London. Prof. Mayor & Lady Florence Dixie are on the Pro. Council.

THE JUBILEE IN ENGLAND.

The meetings commemorative of the 50th anniversary of the formation of the Vegetarian Society, England, commenced May 30th and June 1st, 1897, and several very interesting Conferences have been held at Ramsgate, Kent, and Northwood Villa where the Society was formed, was visited. By a happy coincidence a similar meeting in Philadelphia is held at Northwood Park.

The International Conference will be held at Ramsgate, Sept. 13th and the V. S. of America is invited to send delegates. If any of our friends in this country will be in England at that time, we shall be glad to have them represent the Society if they will notify us of the fact in time to get credentials.

Food, Home and Garden

DR. SCHOFIELD ON FRUIT EATERS.

Dr. Alfred Schofield in an able article published in *The Leisure Hour*, (London, England) gives some valuable suggestions worthy of consideration by both Vegetarians and carnivorans, if we may be permitted to coin a word, as we hate to apply the term "flesh-eaters" to persons who may be personal friends, but who mysteriously persist in carnivorous habits.

Dr. Schofield disabuses the minds of his readers of the idea that vegetarians subsist entirely on vegetables. Also that Vegetarianism is founded solely on hygienic considerations or base utilitarian motives, but describes it as "A lofty humanitarian movement, and to say nothing of the East, dates in the West from the time of Plutarch and probably long before. A large element of sentiment, and religious sentiment enters into its composition, so that it is a cult rather more than a science. The chief motive in Vegetarianism is a humane one."

WHAT IS FRUIT?

Then the Doctor raises the question what is fruit? for he seems inclined to call vegetarians "fruit eaters" rather than vegetarians and with some plausible showing for his preference, stating the broad view of Sir Risdom Bennett, that seeds are really fruits and fruit eaters might therefore in a broad sense include those who eat what is not the flesh of animals. He might have said even the eggs of birds are in a sense fruit, covering, as all fruits do the live germ and supplying what nature has provided for the *first nourishment* of the new being. In this sense may not milk be classified with fruit? All fruits in the restricted sense are the pulp surrounding the seed. A kernel of wheat has been described as an egg and with equal propriety an egg can be described as a fruit as all relate to the supply of food to the new creature either plant or bird. In this sense eggs differ from flesh because they are food intended for the chicken rather than the chicken itself. Flesh is not properly a food.

MAN NATURALLY A FRUIT EATER.

Dr. Schofield states truly that "All evolutionists trace man from the frugivora and not from the carnivora and quotes Prof. Schlick-eysen as saying Man is by nature purely frugivorous and Lord Monboddoo to the same effect, with capacity however to become an animal of prey, but this is an acquired, not a natural habit.

FRUIT EATING FOR THE WORKING CLASSES.

Then in reference to the economy of the subject the Doctor quotes House of Commons reports on Diets 1879: One penny worth of split peas equivalent to nine pennyworth of flesh meat. Three pennyworth of oatmeal contains the nitrogenous value of three pounds of flesh meat costing half a crown, about 60 cents. He wishes good speed to all apostles of fruit eating among the poor.

DR. SCHOFIELD'S CONCLUSION.

The conclusion he arrives at is that strict "Fruit Eaters" will thrive best under more natural conditions of life than are enjoyed by most people, but that fortified with milk, butter and eggs the vegetable albumen can be supplied in the necessary proportions by fruit eating, in many cases with great advantage, and in some cases health can be restored by this simple and sensible means. And if brain workers do not become Fruit Eaters they can benefit themselves by moderating their flesh-eating, by selecting fish, fowl and game. Thus he says "we can greatly profit by the truths connected with Fruit Eating even if we do not follow the sentimental argument, or pledge ourselves to the sweet and simple diet of apples and brown bread." This is true but the real delights of Fruit Eating can never be known by those who thus indulge even in a moderate degree, in food the chief piquancy of which is derived from the uric acid it contains.

Dr. Schofield speaks highly of the effect and digestibility of ripe apples, pears, grapes and raisins but advises against eating the seeds. He gives a preference to ripe juicy pears for digestibility over apples.



JULY PICNIC DINNER MENU.

Roasted Potatoes and Corn.	
Tomatoes.	
Peanut and Cheese Sandwiches.	
Egg-plant Sandwiches.	
Cheese Straws.	Olives.
Buns.	Cookies.
Wild Blackberries.	Huckleberries.
Caramel Cereal Coffee.	
Raspberry Vinegar.	
Bananas.	

The above menu is for an old fashioned picnic in the woods. The potatoes and corn to be roasted in the hot ashes of a camp fire and the meal eaten from a table cloth spread on the green grass. A very pleasing effect can be given by strewing the snowy white cloth with fresh fern leaves.

RECIPES.

Peanut and Cheese Sandwiches.—Shell and skin sufficient fresh-roasted peanuts to make a cupful when rolled or ground. Sprinkle them lightly with salt and mix with cream cheese. Spread this on squares of thin bread. These sandwiches are particularly nice served with lettuce salad.

Raspberry Vinegar.—Mash raspberries thoroughly and place in a stone jar. Cover well with cider vinegar. Stand in the hot sun all day, or two mornings; then all night in a cool place. Stir occasionally; strain and put as many raspberries in the jar as you strained out; pour the same vinegar over them, mash well, and again stand in the hot sun. Strain again; measure the juice, and allow 1 pt. of water to each quart of juice; stir well, again measure, and to each quart allow 4 pounds of sugar.

From Practical Vegetarian Cookery.

Cheese Straws.—Sift one cupful of flour, $\frac{1}{2}$ teaspoon of baking powder, a dash of cayenne pepper, and salt thoroughly. Then

work in two tablespoons of butter, add $\frac{1}{4}$ of a cupful of grated cheese and mix to a soft dough with milk. Roll out lightly on a floured board, cut in strips the length of a pencil, also make some small rings. Bake in a hot oven until delicate brown. Put sticks through one or two of the rings. Nice to serve with salads, or for lunch boxes.

Egg Plant Balls.—Prepare as for baked egg plant; (peel and cut in pieces) roll a tablespoonful into round balls in the palms of the hands, flatten them, pour beaten egg over them to moisten both sides, turn each in a plate of powdered crackers, fry them brown in boiling grease, and serve them on a hot shallow dish.

From The American Kitchen Magazine.

Buns.—Mix together 1 tablespoon butter, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt, 1 cup scalded milk, $\frac{1}{4}$ to 1 yeast cake (according to time), 1 pt. flour. Let rise till double in bulk. Add $\frac{1}{2}$ cup sugar mixed with $\frac{1}{4}$ teaspoon spice, $\frac{1}{4}$ cup fruit and nearly 1 pt. flour. Knead well, let rise again, shape, put in pans, let rise and bake. Omitting the fruit and adding one egg the same dough may be used for raised doughnuts.

FOOD, PURE AND SIMPLE.

The kind and quality of food that is used is evidenced by the degree of mentality expressed by a people or an individual. Show me the person and it is easy to designate the class of food he is in the habit of utilizing. But I consider it of equally great importance that we use only wholesome and nutritious foods as well as pure, vegetable foods. All vegetable foods in their simple form are eminently suitable for the sustenance of the human organism.—Miss Elsie C. Smith.



CHEMICALLY SPEAKING.

Now between the two which is the greater evil the distillery or the butcher's shop and slaughter-house?

The animal takes the life force from the grain (the spirit of the grain) and uses it for his benefit, the distiller robs the grain of the same element and between the Distiller and the Butcher they put upon the market what would be equivalent to the whole grain, and neither can be utilized by the human body. It is my firm belief that so much meat eating is the cause of so much dram drinking. Take and triturate the animal from head to foot and eat entire, you do not get half of the potent force, that is in the grain that he eats. Flesh-meat has the same materials as the grains but who prefers a shoddy "garment" to one of all wool?—Paul Diet.

THE VEGETARIAN SOCIETY MILL.

I ordered one of your mills in Feb. and have had it in constant use in my family ever since. I could not do without it. I find the sieves unnecessary and I am in hearty agreement with you that it is conducive to health to eat bran and all with our wheat. We are all very fond of pea-nut butter and the mill makes it to perfection. I am constantly finding new possibilities in the mill.—Rev. Elmer F. Krause, Leechburg, Armstrong Co., Pa.

It is true to make *ordinary* Graham flour sieves are unnecessary, but we have found a superior flour can be produced by running the wheat through the mill *coarsely* first, sieving out the fine flour and then running the coarse part sieved out through with the mill set much closer; then sieving again and regrinding the bran sieved out. This being again sieved leaves but little bran which can be either roasted for coffee or ground once more. The whole result is then mixed together when a fine and really whole wheat Graham is the result, free from the irritating effect complained of by many as the fault of the common Graham flour and containing all the valuable properties of the bran of which the so-called "whole wheat flour" is partially deprived by the effort to remove the "outer cuticle." We

would send a sample of this truly whole wheat Graham flour to anyone who will send stamps for postage.

A FAMILY GRIST MILL.

I advocate a return to simpler methods of diet, and on New Year's as I went to call on my good friend V. P. Smith of 1130 Kedzie Ave, I found him engaged in a very primitive method of cleaning wheat; a stiff breeze was blowing and Mr. Smith poured the wheat out of a bag held a few feet over a box so that the wind would blow all chaff and dust away from it as it fell. It reminded me of the old, old, method but it was effective, and I was invited in to see the wheat put in the hopper of a hand grinding mill; proud of a chance to show my muscle I took my turn at the crank and saw with delight, that the flour I was making was a soft, rich, creamy, color just a little shaded with gray. It was flour made from the whole wheat just as Nature made it and in my opinion it was all the better for having *all* the outside hull of the wheat ground with it.

I was naturally curious to know what kind of bread such flour would make; so I persuaded Prof. Anderson to examine a sample and he was so much pleased with it that he ordered some of Mr. Smith at once: for the Professor is an ardent advocate of a natural diet, and he not only teaches the true and natural method of living; he practices it himself; and many a poor chronic invalid, has found health, by following his methods as taught by the College of which he is Principal.

But the gems, the gems, Ah, how can I do justice to them, as they came from the skilful hands of Mrs. Anderson? Mrs. Anderson made them and this is how she did it; it is all as simple as putting on an old slipper. One pound of flour: one pound of water, a little baking powder (?) and a hot gem pan greased with cocoanut butter. Bake twenty minutes. They were delicious. Mr. Smith can furnish flour made in just that way at 3 cents per pound; cheaper than you can grind it yourself. Send him an order and try the recipe.—William Canby Ferris, 1507 Masonic Temple, Chicago.



DISCRIMINATING RELATIVE TO FERTILIZERS.

Your latest issue properly testified against the use of nitrogenous manurial matter to plants not adapted to such. Certain great families of plants have diversified appetites; and, unless these be gratified, the result is adverse. It is safe to follow the guidance of chemistry in fertilizing trees and long lived vines. Careful examination of the wood and fruit shows what substances they mostly consume.

Trees and hardwood-stem fruiting vines differ from cereals and roots not so much in the food required, as in circumstance of condition. They are set into the soil to stay for years, and the consumption of certain elements is to be gradual, but constant. Hence it is judicious to generously supply the specific aliment they require, and to trust to soil decomposition for those elements of which the structure needs but a trace.

The founder of the *Boston Journal of Chemistry*, who had an experiment farm near Haverhill, Mass. says: "Near 2 years ago I prepared a grape-border sufficiently large for 30 vines and arranged in strict accordance with the chemical structure of the vine and fruit. Lime, phosphoric acid and potash, predominate in these. Therefore, to meet the first want: mortar from the walls of an old building was used; for the second: well rotted bonedust; for the third: ashes. But little animal excreta were added. Decayed soda supplied the needed humus. Entertaining the idea that it is better not to make a homogeneous mixture of border materials, they were arranged in very thin layers; first of soil, then bone, next soil with sand, then ashes, soil and sand again, next lime. The

strata constituted a mere sprinkling with due regard to just quantity of each.

The bed was not disturbed with the shovel after said completion. It seemed reasonable to assume that the roots would not need to travel so far for food in the early stages of growth; and that, extending as this supply failed, they would meet another constant one of aliment. A kind of vegetable instinct evidently controls the feeders of plants, and enough push out to secure each distinct element in exact proportion to its wants. The less the distance they travel, the less the vital force spent in urging onward the nutrient principle."

The rest of this communication recites the outcome of the scientific process as to the production of healthy canes and of fine grapes.

—R. Hecker.

Phila. June 12, 1897.

SILICA RENDERED AVAILABLE BY AMMONIA.

The Rev. S. Smith of Lois-Weedon, Eng-land, has practically demonstrated a problem of interest to Hygienic farmers and truckers who prefer to abstain from using much, if any animal excreta. He has materialized what Daubeney, of France, and Liebig and Mechi of England have speculatively indicated: that our earth is full of passive treasures which become active and profitable by deep cultivation and frequent stirring, preceded by drainage, where necessary. By thus bringing atmospherical and palpable (terrestrial) elements in contact, profitable results ensue. He tames crude substrata. The hardest part of this globe is silica, but strong ammonia conquers, dissolves it. For cereals at least this is vital, because the glass-coating on the straw is a solution of silica. This is essential to the vitality and circulation.—R. Hecker.



Apple Blossom Society



THE BARNYARD CONVENTION.

BY WALTER S. WELLER.

One day, the inhabitants of a large barnyard decided to hold a convention, at which the grievances of all might be discussed. They elected Roarus Bull president, who called the meeting to order.

"Who is the first one with a complaint?" he asked.

"I ought to come first," said a sad-looking cow. "They took away my calf, and I have not seen it since."

"Do you know what became of it?" asked the president.

"I heard them say something about the butchers'; and I'm pretty sure my darling baby is dead."

"It is a shameful thing," said President Bull, "that men cannot be satisfied with fruits, cereals and vegetables, without taking the life of helpless and defenseless animals."

"That's so!" "That's a fact!" "That's right!" came from different parts of the yard.

"But what are we to do with this case right here?" demanded President Bull. "Here is Mrs. Jersey, mourning the untimely and cruel death of her baby."

"I don't see as we can do anything about it," said the mother. "We are perfectly helpless; what can we do?"

"Well, I'll tell you what I'd do, if I were in your place. Kick over the pail of milk the next time he milks you," advised Mr. Bull; and if he abuses you, or swears at you, chase him out of the yard. Next!"

"I wish to complain about the check-rein," said a sleek, glossy horse, whose name was Victor. "I think our master should abolish it; for it hurts my neck to have it stretched up so high."

"I advise you to make your master understand, in the best way you can, that you will not have it on," said the president. "Is there anything else wrong?"

"Yes, there is!" exclaimed Victor, with considerable vigor. "My tail may be cut off, because it is 'so English, you know.' My

master's pretty little daughter does not want it done; and, as she is the only child, and a great pet, I have some hopes that I may not lose it."

"Good for her," said the president, approvingly. "That will probably save you. Next!"

"I protest," said Mr. Turkey, "against our ruthless and cruel slaughter at Thanksgiving time. If allowed to live *we* should have something to be thankful for."

"The common custom of eating turkeys at Thanksgiving and other holidays," said President Bull, "is only deserving of the severest and sharpest condemnation, but we can do nothing about it as long as the taste for turkey remains. Our only hope is in the APPLE BLOSSOM SOCIETY. When these little ones grow up, if they are true to their Vegetarian principles, we will have no more turkeys for Thanksgiving."

"I have a similar complaint to Mrs. Jersey's," said Mrs. Sow. "Men insist on taking us off to the butcher's and there we are killed, and our flesh eaten. And I cannot tell when my own turn will come."

"When you're fat enough, I presume," said the president. "I heard only a few days ago, that our master has been going to Vegetarian meetings; and he may become a vegetarian in good earnest, and if he does, all our troubles will be ended."

A great cheer rang out upon the air as President Bull made this announcement. A donkey turned a somersault, and then laid on his back and "haw-hawed" till he was hoarse. Victor danced a "four-step," remarkable for its originality. Mrs. Sow and one of her children jumped upon their hind legs and danced a two-step. In the midst of the general rejoicing, in the hope that their master would soon be a good vegetarian, the president announced the convention adjourned.

AN EARLY BREAKFAST.

Franklin Mills Co., Lockport, N. Y. kindly furnished the engraving on opposite page. They supply wheatlet and whole wheat flour of high grade and superior quality. Our Dr. Lovell always buys of them.



THE EARLY BREAKFAST.

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(SEE PAGE 151)

PHILADELPHIA VEGETARIAN SOCIETY

JULY GROVE MEETING.

NORTHWOOD PARK, the Western boundary of the pretty suburb of Northwood, was this year selected for the Picnic and Grove meeting of the P. V. S. and invitations were distributed to which about sixty persons responded notwithstanding the pouring rain and the thunder and lightning which characterized the day.

The park commission had supplied benches for the park only a few days before, and these were arranged in an ellipse around a nicely shaded spot in the Park. The guests assembled at the residence of the President of the V. S. A., who had invited them, and in an interval of sunshine, at four o'clock, the meeting in the park was called to order by Rev. Henry S. Clubb who apologized for the absence of President de Learsy who could not come till later in the evening.

Mr. Clubb in a few remarks, words of welcome to the N. Y. guests, spoke in reference to the zealous and effective labors of his countryman, John Walter Scott, who had maintained an active V. S. in N. Y. and also conducted *The Vegetarian*, and introduced Mr. Scott to the assembled guests.

Mr. Scott was received most cordially and spoke of the abhorrence with which he regarded the slaughter of animals for food and the responsibility of those who partook of flesh for the diabolical cruelties inflicted on helpless and inoffensive creatures. He had experienced not the slightest inconvenience from abstaining from flesh and had not lost a day from sickness during the fifteen years he had done so.

Mr. Clubb alluded to the fact that Mr. Scott worked regularly sixteen hours a day at indoor, literary business which was usually much more severe on the health than the

same time spent in the open air, and yet he enjoyed the robust health which his personal appearance indicated. He had great pleasure in introducing

Mr. Arthur Haviland, another hard worker in the cause from N. Y., and with whom they were already acquainted. Mr. Haviland was very cordially received and spoke of the difficulties experienced by converts to Vegetarianism, especially in a city like N. Y., as compared to the comparatively easy time of Vegetarians who had been brought up from infancy without any flesh meat in their dwellings. Yet he believed the opposition to the practice experienced by N. Y. and other converts had in some instances induced more determination to pursue the right course and induced perhaps the greater enthusiasm in the cause. He spoke encouragingly of the progress made by the N. Y. Society and concluded by inviting those present to take every opportunity to come to N. Y. and attend the meetings there, especially a picnic which they were expecting to hold in August.

Mr. Clubb seeing threatening clouds and remembering the dampness of the surroundings, invited the friends to his home. Had the weather been propitious the refreshments would have been served in the park, but it was deemed prudent to have them at the house.

A motion to adjourn to the house was carried unanimously, and the party soon were having a good social time at 1023 Foulkrod St., where the Vegetarian press driven by electric motor beat time, and the organ and flute made sweet music while the New York and Philadelphia guests were becoming better acquainted.

At six o'clock refreshments were served according to the following menu, the guests



being distributed on two porches, parlor, dining room and lawn.

MENU OF PICNIC.

BEVERAGES.		
Lemonade.	Ice Water.	
SALAD.		
Sliced Tomatoes.	Lettuce.	
BREADS.		
Graham Rolls.	White Rolls.	
Brown Bread.	White Bread.	
PICKLES.		
Gherkins.	Olives.	
SANDWICHES.		
Savory.	Egg plant.	Peanut.
DESSERT.		
Bananas.	Pears.	Plums.
ICE CREAM.		
Vanilla.	Strawberry.	

THE EVENING SESSION.

After freely discussing this practical demonstration of Vegetarian fare, and enjoying a good social time, an invitation having been kindly extended to hold the evening session at the residence of Mr. George W. Wright, cor. of Foulkrod & Horrocks Sts., an adjournment to that residence soon filled the more spacious Verandas there.

This being the regular time for the July monthly meeting, Rev. A. T. de Learsy the President took the chair and Miss Emma I. Bettes her place as Secretary.

Rev. Mr. Rich, pastor of the New Jerusalem Church, Frankford, opened the proceedings by an appropriate Invocation for the divine blessing.

The President said:

Like faith, hope and love, in a degree science art and nature are three great features, in the realm of time, space and sense. Recorded science enables us to repeat with striking similarity and satisfactory accuracy, whatever we had formerly undertaken and brought to a happy result. Art is the work of our hands skilfully completed. But nature is the substructure, interstructure and superstructure; without which structure for our basis Art and Science could find no home, much less existence.

Art and Science are not confined to mankind alone; but to other creatures besides "the

crown of creation," known as "man." Witness the bird making its nest; the beaver constructing its dam; the spider its web; the bee its hive. Here is art for us, no less than science, and like mental arithmetic, in this case it is mental science. The German proverb reads: "There are peoples beyond the mountains." And just as "wisdom did not perish" with Job's so called comforters, so neither may we assert that the man is the *ne plus ultra* of animal intelligence. Columbus proved there was land beyond the *ne plus ultra* "pillars of Hercules" and these we at present denominate Gibraltar and Tangiers and just as the discovery of North and South America exploded the idea of limitation in the realm of geography, equally so we should learn to respect all of God's creatures, whether two-footed or four-footed. "Honor to whom honor is due." Let our affections be as much directed toward one as well as the other division of God's creatures as our minds ever go forth to all the realms of nature known and unknown; else we should stand in need of that good Dunkard's prayer, when he asked, "Lord, harden his brain and soften his heart!"

No doubt there could be no civilization without Art or Science. But neither could there be Science nor Art unless there were nature as a basis of operation whether mental or manual. Here is a bench, the result of art and science; but what could the manufacturer of the same do without nature, that is wood? Look at yonder massive and solid bridges. What could the civil Engineer, the Mason, the artisan do without nature? Absolutely nothing. Art and Science are but the handmaids of nature, the Mother of us all, of creation whether animate or inanimate. Nature sustains us; keeps us in health; provides us with homes; prepares our clothing for us; and blesses us with everything that is good, as it come directly from its Author, namely our God of Heaven and Earth. Without Art or Science we certainly can live, and our first parents lived happily and in all innocence in Paradise; although perhaps not



is comfortably, cozily or as luxuriously as civilization might enable us to realize. But without nature there would not be even as much as a molecule in existence. This basic thought should permeate us in the most practical manner; and as a result we would become, not more nor less, but simply: natural. And by becoming natural we would, in our human spheres become perfect.

After showing the necessity for more extended operations in the city and country, the President extended a cordial welcome to the guests of the evening and concluded by introducing Mr. C. A. Montgomery, President of the Brooklyn N. Y. Vegetarian Society, who addressed himself mainly to the Vegetarians who constituted a large majority of the audience. He said it seemed a tendency in human beings to attach less importance to that to which they had been accustomed all their lives than to that which had been acquired by their own study, conviction, and experience. Hence he had noticed that persons who had been converted to Vegetarianism were commonly more enthusiastic in the cause than those who had been vegetarians from birth. He therefore urged upon those present who had been vegetarians all their lives to guard against this tendency and put their shoulders to the wheel of progress. He had joined the Vegetarian Society of America as a life member, and he had also joined the Philadelphia Society as well as the Brooklyn and New York Societies. He had also become a member of the Chicago and the Minneapolis Vegetarian Societies because he believed it was important that we should help forward these local efforts. He urged the necessity of aiding the V. S. A. In New York, when the President suggested that the celebration of his 70th birthday might be accomplished by sending subscriptions to F. H. and G., they met together and made up a list of fifty subscribers to that periodical, although they have *The Vegetarian* to support. He hoped such increased support would be given to the V. S. A. as would enable it to pay a salary to its active Secretary. Miss Clubb is now

laboring as secretary, attending to a very extensive correspondence for almost nothing, when she ought to have a respectable salary for her laborous services. He made these suggestive remarks not in criticism, but in order that the movement should be carried on with increased zeal and effectiveness.

The president requested Mr. Clubb and all who bore that name to retire for a few minutes beyond the hearing of the proceedings.

Mr. Clubb and family having retired, the following proceedings took place:

I. John Ranson from the special committee appointed at the June meeting, presented the following:

Congratulatory Resolutions of the Philadelphia Vegetarian Society, to the Rev. Henry S. Clubb, on his 70th Anniversary, June 21st, 1897.

Recognizing the ardent labors, untiring zeal, and hearty devotion in the cause of Vegetarianism, for more than half a century, both in this country and in England, of the Rev. Henry S. Clubb, President of the Vegetarian Society of America, and having learned that this, the 21st day of June, 1897, is the 70th anniversary of his birth, it was resolved to appoint a Committee to draft resolutions commemorative of the same.

In accordance with the above, the Committee presented the following, which was unanimously adopted at the regular meeting of the Philadelphia Vegetarian Society, held July 19th, 1897:

Resolved,—That we congratulate our veteran Vegetarian, the Rev. Henry S. Clubb, who has reached the 70th mile stone on the highway of life, having attained the three score and ten years allotted to man.

We believe that vegetarianism has a good representative in the person of the venerable President of our National Society, as manifested by his robust health and strong mental powers, combined with his constant perseverance, his unwearied efforts and verdant hopefulness, guided by high moral principles, and his love of all creation, which has made him prominent in this and other reforms.

Food, Home and Garden

Feeling that his great life of usefulness as author, editor, minister and reformer has been the means of upholding and strengthening the cause of vegetarianism, so unpopular in the so-called civilized world, we feel at this time moved to express our sincere gratitude for his useful life, and tendering our warmest congratulations to him on this occasion, we reverently lift up our hearts to the God of love, with the earnest prayer that it may please Him to prolong the life of our beloved President, that he may see the cause of truth and righteous living established, which he has so long and ably advocated, and trusting that he and his may be blessed with continued health and happiness; and again expressing our congratulations, affection and esteem on this occasion, with the sincere wish that he may be spared for many years to come, in his life of devotion among us.

J. HARVEY LOVELL	} Committee
A. T. DE LEARST.	
I. JOHN RANSOM.	

Mr. Clubb being invited to return, Mr. Ransom read the resolutions to him and a recess was taken in which all who were present came up and shaking hands with him offered their personal congratulations on his completion of his 70th year and wishing him many more years of health and activity in this sphere of labor for the cause he had so much at heart.

On reassembling, a committee consisting of Rev. Amanda Deyo, Mrs. Sarah M. Wright, Mrs. F. Horrocks to act with the committee on resolutions in procuring suitable engrossment and framing to be presented in proper form for preservation.

Rev. Henry S. Clubb responded to these proceedings, expressing his consciousness of a very imperfect ability to perform these duties connected with the V. S. A. but he felt he had been wonderfully sustained by a kind providence and now to find his course so cordially endorsed by the Philadelphia Society and those representing the New York and Brooklyn Societies, as well as those of his own church and neighbors who knew him best,

would be a source of constant comfort and encouragement. He had labored in getting out the periodical under very difficult circumstances the chief of which was the want of funds and as he had agreed not to allow the society to go into debt it had been a constant drain upon his own resources to maintain the periodical. He was however hoping that the time would come when Vegetarians would generally see the importance of sustaining their own organ by giving it a self-sustaining circulation. Since the N. Y. Society had sent 50 subscriptions one friend at N. Y. Mr. Amory Stevens, had kindly added his cheque, received to-day, for \$10.00 making 90 subscriptions at the club rate from N. Y. This was a good beginning, and when this example shall be followed by the other cities and villages of the country, he hoped the required 10,000 subscriptions would be attained as there were many more to hear from. He concluded by thanking his friends present for the very encouraging action they had taken which he believed was well calculated to have the desired effect of extending the period of life by adding to its satisfactions. He believed it was in the nature of a kind providence to extend these lives that were earnestly devoted to humane and philanthropic efforts. (Applause.)

Rev. Amanda Deyo, on the call of the President, arose and in a speech of much fervor and eloquence expressed her entire sympathy with this movement for the prevention of bloodshed, believing that it would also be effective in promoting the cause of peace among men in which she was more especially engaged. She concluded by inviting friends to call on her at the Peace rooms, Independence Hall, and lend their aid to the work carried on there.

The Rev. Mr. Rich being called on by the President, said he supposed the reason the New Church people were considered especially favorable to this cause was the fact that Swedenborg stated that the people of the most ancient church abstained from eating the flesh of animals. He could not himself claim

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to be a thorough Vegetarian as it was not always convenient, but he was glad to participate in sentiments that had been so cordially and unitedly expressed that evening.

THE JUBILEE.

* Rev. Henry S. Clubb said the Vegetarian Society, England, had been celebrating the 50th anniversary of the establishment of that Society.

An International Convention is called for September, 1897, in London and we should take some action in regard to that Convention. I therefore propose the adoption of the following resolution:

Resolved, That this meeting composed of members of the Philadelphia Vegetarian Society and the New York Vegetarian Society who are likewise members of the Vegetarian Society of America, hereby express to the International Vegetarian Congress to be held in England in September next, our most cordial greetings and congratulations on the Jubilee celebration of the parent Vegetarian Society and our conviction that the seed sown in the present half century will produce a hundred-fold fruition in the next, resulting in a purer and more complete and enlightened civilization and the ultimate establishment of a kingdom wherein the truth shall not only be preached to but enjoyed by *every creature* and all that is selfish cruel and destructive shall be superseded by what is generous gentle and humane.

The Resolution was seconded and unanimously adopted.

On motion of Mr. Ransom it was

Resolved, That the above resolution be published in FOOD, HOME & GARDEN and forwarded to the International Convention and that the other Vegetarian Societies in America be requested to take similar action, and a fund be raised by contribution of all the societies to send a delegate to said convention.

After some discussion in which Dr. J. Harvey Lovell, Mr. Scott, Mr. Montgomery, Mr. Haviland and Edwin F. Metcalfe took part,

Mrs. Margaret Haviland, on being earnestly invited, came forward and expressed herself in hearty sympathy with the Vegetarians present. Having been an abstainer from flesh over seven years believed that she had now become free from the taint of it.

The Society adjourned till Sep. 20th.

REV. A. T. DE LEARSY, D. D., M. D.

PRESIDENT OF THE PHILA. VEGETARIAN S'Y.

Of Saxon descent, Anthony Theodore de Learsy was born in Crimea in 1854 during the Crimean war. Moving thence with his parents to Constantinople all passed on to Egypt, where his father died, and where a couple of years later his widowed mother remarried. Here he commenced his education and at once entered into the study of several languages, in school. In Syria and Palestine the education continued and ended by Tutors supplementing the instructions. Here he served from 1873 to 1881 as Secretary of the German Consulate, and received from Alexander II, Emperor of Russia, for services rendered to Russian Citizens during the Russo-Turkish war of 1877—78 the gold medal of the Knighthood of St. Ann. Being unable to secure a theological training in England, he left there for the U. S. where in Kentucky he studied in the K'y University, while acting at the same time as Prof. of Modern languages in a Ladies' College and a Ladies' Seminary. Returning to New York, he took the ministerial Studies in the General Theological Seminary, graduating in 1885; the same year he was ordained Deacon, and nine months later Priest, both by B'p Dudley of Louisville, Ky. Having commenced his ministerial work in K'y he continued in it in Mass., Texas, Md., N. Y., O., Miss. and Penn. In 1894 he settled in Phila. where the rest of the family had arrived from Europe. From the Texas Health College he received the degree of M. D. and obtained the D. D. degree from the National University of Chicago. In 1887 while in Texas he became converted to Vegetarianism through reading "The Proper Diet for Man" and commenced the practice faithfully there and then, intending to hold on to it as long as life lasts. He has written several papers on apparently difficult passages of Holy Scriptures, a work entitled "The Seven World Empires, A Commentary on the Book of Revelation, and a pamphlet on the Sabbath question. In all his views he endeavors to be liberal; accepting Holy Scripture as his guide for time & eternity.



Mr. Ernst Ebel writes that Bellamy, in his new book "Equality" repeats Tolstoi's prophecy: "To the Vegetarians belong the future," with approval.

A BUTCHER'S CONFESSION.

Alfred H. Love writes: "I feel like giving you the evidence of a Butcher. He said to me, as I stood by him at his stall a little fair haired girl was watching him, to whom I said: 'What a pity she has to be witness of this.' 'Yes I agree with you, Butcher as I am, I sometimes feel very badly as the innocent animal is brought up to be killed, I have at times thrown down the hammer and said 'I can't do it!'"

LOATHING FLESH EATING.

I am sure that many who now eat meat would not if they had to kill it themselves. It seems to me that I couldn't eat meat now if I had to. I wonder if all Vegetarians feel so queer as I do when they think of eating flesh? I just loathe it. I can't express my feelings in words.—A. H. Jacobson, Woodinville, King Co., Wash.—How many working men are suffering from the delusion of flesh-eating, beer drinking and tobacco habits who might live and enjoy life if enlightened on these subjects.

A "STRICT VEGETARIAN."

People can form no idea of the pleasure of being a strict Vegetarian from a mere theoretical study of the subject. Mrs. Gregorson of Ocean View, Santa Barbara, Cal., writes: "Mr. Gregorson has been a Vegetarian 45 years. I was converted 35 years ago. We are both strict Vegetarians now. I find a delicious variety of fruits, vegetables, and cereals; enjoy cooking them, and eat my food with more relish than before I was a strict Vegetarian."—This illustrates our position that no mixed diet can ever be as delightful or afford as much enjoyment as a pure Vegetarian selection which affords a much higher sense of satisfaction than can possibly be derived from a combination with slaughter-house products.

FOUNDATION OF RELIGION & ETHICS.

I feel forced to express my delight on receiving FOOD, HOME & GARDEN. It gives me so much encouragement to learn that there are many more Vegetarians in the world.

To me Vegetarianism seems to be the foundation of all religion and ethics. A slaughter house is a place where one can see the most perfect manifestation of Satan. There he shows himself in his most terrible nakedness; there every holy feeling, every holy aspiration, is laughed at, and trodden under foot; there love and compassion are most emphatically denied, and boundless egoism, egoism rising to cruelty, asserted.

Later in life, (I am 23 years old) I intend to write on Vegetarianism in my own language. I am a Russian Jew, and I should be very glad to spread Vegetarianism among my own countrymen.—S. Ra-vich, 55 Wall St., Boston, Mass.

AIKEN, S. C.

Aiken, S. C., deserves the notice of Vegetarians desiring a mild climate owing to features essential to the purveying of the staples constituting a hygienic dietary, especially fruit from trees and vines and pure water. Located on a ridge of fair length and width, 565 ft. above sea level near a notable body of long leaved yellow pine, 120 miles west of Charleston, readily accessible by rail, in a settled country; schools, churches, banks and other accessories valued by steady people, it is much more inviting than the prairies of the far west and the cold Northwest. If Aiken's peaches and grapes are less showy than those of Southern California, this is offset by being better flavored and more wholesome, needing less sugar. Indigenous vegetables grown on this elevation are sure to be toothsome. Oranges from the lower counties and the coast are not distant. Bonafide settlers will no doubt be welcomed by the natives.—R. Hecker.—We have lived in Charleston and Columbia and fully agree with friend Hecker as to the climatic advantages.



Food, Home and Garden

PHILADELPHIA, Aug-Sep 1897

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

Mrs. L. C. Read, 521 Thirteenth St., Oakland, California is opening a Reading Room for Reform Literature and would be glad of donations of reading matter.

Red Apple Sunday was celebrated recently in a M. E. Church in Cincinnati, O. We presume it was the Red Astrachan, the best of the summer apples. The church was decorated with them.

Rev. Mrs. H. S. Lake of Cleveland is preaching at a camp meeting—at Chesterfield, Ind. and is putting in strong words for Vegetarianism and distributing F., H. & G. She is an eloquent champion of Vegetarian truth.

This has been a bad season for summer resorts as in wet, rainy weather nobody cares to leave home. Should hot weather set in we hope our friends will pay a visit to Welkin Bluff, Millington, Mass., a delightful place for summer and fall.

We have blended Aug.-Sep. in this number to give us a chance to catch up as to date, as owing to sickness and death among our printers we ran behind and could not get even with time in any other way. Our subscribers will get their full numbers.

Our friend A. S. M'c Bean of Lakewood, N. J. proposes to unite with a few others in ordering a ton of Banana flour from Jamaica. Who will unite with him? Those who, like him, desire to start the importation of this article will please communicate with us. We will require some. It can be had cheap by ordering that quantity.

A Civic and Philanthropic Conference is called to be held at Battle Creek, Mich., Oct. 12—17, 1897 to which are invited all interested in social, hygienic and philanthropic questions. Particulars can be obtained by addressing, with stamp, S. Sherin, Sec. Sanitarium, Battle Creek, Mich.

Prof. Grant Allen gives the reason for cooking food. Our friend Spencer of New York gives reasons for eating food uncooked. Cooking food enables us to use a greater variety of edibles and consequently a better opportunity of suiting the peculiar conditions of each individual. We have seen persons who try to live on uncooked food reduce in flesh and strength and such persons should not continue a course which fails to nourish them.

Mr. A. B. Brolley, Saratoga, Cal., thinks there is every opportunity to practice Vegetarianism in California and that many would do so if informed of the value of fruit and vegetables and nuts for food as they are being produced abundantly and the production in California can be greatly increased. If the nurserymen would circulate Vegetarian literature, they would vastly increase the demand for fruit and nut trees.

We have devoted to personal considerations relating to ourselves more space than ever in this number out of consideration for the kindness of our friends and neighbors who know us best and to whom we hereby express our gratitude and appreciation. Our friends at a distance are also showing their sympathy, and if this general movement result in giving us the ten thousand subscribers required to make F., H. & G. successful, it will relieve us of the chief anxiety and thereby tend, more than anything else, to lengthen our days.

In Chicago recently, the *Record* reports twenty-four carcasses of cattle suffering from lumpy jaw being rejected by the government inspectors as unfit for exportation and then passed by State inspectors as fit for food and sold to meat dealers in the city. It is the



custom of State inspectors to condemn only the worst cases so that Chicago flesh eaters have the privilege of eating the carcasses of diseased animals condemned by the U. S. inspectors. Mr. Lovejoy only examined those cattle that were visibly affected; the disease is usually in the blood sometimes before its effects are visible. Blessed are the flesh eaters!

Mr. Theo. Koss the eminent seedsman of Milwaukee is an earnest Vegetarian and has kindly promised to furnish items and engravings for our GARDEN DEPARTMENT. We hope also to arrange for premiums in new varieties of seeds. He has a valuable new Cabbage which he proposes to call the "Vegetarian's Delight."

Our sketch does not do Rev. A. T. de Learsy, D. D., (p. 151) full justice for want of space. His ardent love for all induces him to take every opportunity to introduce Vegetarianity to those with whom his professional labors bring him in contact and then he sends the addresses of those he has conversed with for us to supply them with F., H. & G. Thus the work is continually progressing. This is an example worthy of imitation.

RECOVERING.

Our good friend A. H. Frank of Buffalo has had an accident, falling headforemost 8 feet, June 26th. Although 74 years of age this painful accident has not subdued him but he is recovering with wonderful rapidity owing to his simple dietetic habits.

THE UNIVERSITY CLUB.

The University Vegetarian Club of Chicago is needing a matron who is a thorough Vegetarian and a good caterer. Such a person desiring this position should write enclosing recommendations to J. Howard Moore, Chicago University, Chicago, Ills. The position will be vacant in September. This club is the most successful of all the University clubs and has turned away within the last month, enough applicants for two more Vegetarian clubs.

SUCCESS OF FOOD HOME AND GARDEN.

New York has contributed individually and collectively, about 100 subscribers toward the 10,000 required. All the rest of the country has contributed about as many more. We believe every one of our subscribers intend to contribute at least 4 subscribers, but they are deferring it till the times improve. John Wanamaker says since the new tariff has become a law, the condition of business has already improved and that success can be achieved if we all determine that it shall. Let this idea be applied to FOOD HOME and GARDEN. Let us determine that it shall succeed and it will.

PROSECUTION FOR BEING VEGETARIAN.

Mr Franklin P. White who is taking care of destitute children at Glenwood Springs, Col. on the Vegetarian plan, is threatened with prosecution by Dr. Rose Kidd Beese, the superintendent for State Home for Destitute Children, claiming that the State has conferred upon the institution of which she is superintendent, full control of all dependent children whether in charge of families or at large. But children in charge of families, so long as they are fed, clothed and properly cared for cannot be classed among "destitute or dependent children." The State surely can find ample scope for its charity in attending to those children not otherwise provided for. Such persecution arises from ignorance and prejudice.

THE PHILA. VEGETARIAN SOCIETY.

To the friends who kindly aided us in making Monday, July 19th, the brightest day in the year for Vegetarianism in Philadelphia, notwithstanding the stormy weather, we record our sincere heartfelt thanks. They have never failed in any effort of this kind they have undertaken. The Philadelphia V. S. has received an important set forward in that gathering. Establishing a Vegetarian Club house, or Restaurant is to form the subject of consideration at the meeting September 20th, when cooperative plans will be discussed.

HOME DEPARTMENT.



THE COCOANUT FACTORY.

A Factory 200 x 80 ft. & 4 stories high has been erected in Philadelphia for the purification of Cocoanut oil. It is expected to be in operation early this Fall. New cans and packages secure from leakage will be adopted.

A FAMILY APPLE MILL.

Nothing is so much needed as a simple, cheap mill which would enable small apple growers to reduce their surplus apples to a pulp from which the juice can be expressed; then boiled down to a syrup and in this way preserved for dilution as a beverage or used as jelly. Add sugar before boiling down.

Contributed by Miss Amy Nichols, Philadelphia.

DINNER MENU.

Potato Puffs.	Green Corn on Cob.
Broiled Tomatoes.	Greens. Tomato Toast.
Graham Gems.	Whole Wheat Bread.
	Olives.
	Rice Pudding.
Water melon.	Cantaloupes.
Lemonade.	Soda Water. Caramal Cereal.

RECIPES.

Soda Water.—2 tablespoons of vinegar or lemon juice, 2 teaspoons of sugar, $\frac{1}{2}$ teaspoon soda. Flavor to taste. Add soda last and stir briskly till foaming.

From Paul Diet.

To Preserve the Best Quality in Greens.—Use a spider or kettle that will cover up tightly; put in a small lump of butter, a spoonful of water and then the greens; add a little soda if the water be hard, cook until tender. Treat asparagus, parsnips and carrots in the same way.

From Mrs. G. C. English, Lowell, Mich.

Graham Gems.—To 1 qt. of sweet milk, stir in 4 even tea cups of good Graham flour; heat the cast iron gem pans hot enough to sizzle sharply when greased; have the oven

very hot. Fill the pans as full as you can without running over; put in the oven immediately. In about 15 minutes they will be a nice brown and as light as a sponge and so delicious you can eat them with a relish as they have the natural sweets of the flour. You may think the batter too thin but it is not. They become light by the expansion of the air in the batter and if the pans are small and oblong all the better.—We generally find it necessary to bake gems $\frac{1}{2}$ hour but if pans are small and oven very hot $\frac{1}{4}$ hour may suffice.

FOR HOME USE.

Dr. Ellen G. Smith's "Fat of the Land" is a very valuable treatise on the science of preparing food and would assist immensely those who are desirous of giving a thorough trial to Vegetarian practice.

The "Practical Vegetarian Cookery" by Countess Wachmeister and Mrs. Kate Buffington Davis is an excellent exposition of the most modern methods of cooking for Vegetarians, not as radical as Dr. Smith's but adapted to the ordinary requirements of Vegetarian families.

The "American Vegetarian Cookery" is at a more popular price, combining the experience of many years in providing for the daily requirements of home life and combining the experience of lifelong Vegetarians.

With these three aids and the periodical visits of Vegetarian magazines there is no excuse for persons of ordinary education and intelligence suffering from faulty methods of preparing their daily food or being longer deluded by the vulgar errors in relation to the necessity of flesh to sustain healthy vigor and intellectual activity.



QUESTIONS FOR READERS TO ANSWER.

Does the dead flesh impart any nerve force to the human being?

Is not the whole carcass destitute of polarity?

Do not the grains possess both positive and negative qualities?

Does not distilling get those two forces or does it get only the positive force?

Do not distilling, fermenting, or both combined, carry the product or carry the strength of the grain beyond powers of the body to utilize, that is beyond the power to digest, assimilate and make into blood?—Paul Diet.

UTILIZING APPLES.

Apple juice, made of select fruit, highly concentrated and specially suited for preparing grateful "lemonade" an aromatic, acidulated beverage, is being introduced by a firm in Stuttgart, Germany, located advantageously in a section noted for desirable tree and vine fruit. Very fine vinous pears. This apple juice is well adapted for consumption in Vegetarian restaurants as well as for families. —R. Hecker.—There is no reason why the large quantities of apples allowed to rot under the trees should not be utilized in the production of concentrated apple juice, an invaluable antidote for liver and kidney difficulties so common in this country. No apples should be wasted.

VITAL FOOD.

By mascerating the wheat about 48 hours in cold water it will become delicately soft and palatable, without having any of its germinating reproductive life destroyed. The Brewery, distillery, mill, coffee and teapot, boilers, chemicals and ovens destroy the life in food. That life should be preserved and be present in our food when we consume it if we would feed the brains and body perfectly.

A Sound Food Standard is found in nuts, grains and fruit. All three or any one of the three will in their natural condition bless the consumer with health, strength and long life more bountifully than any other products. A change to such diet should be slow and take perhaps one and two years for some

people.—H. Alden Spencer, 50 E. 9th St., New York.

VEGETABLES.

Probably no country in the world is so well supplied with vegetables as the United States. Most of the cities have markets with a great variety of fresh vegetables all the year round as the coast of North and South America possesses all the varieties of climate and coast Commerce is extensively engaged in bringing the productions of both tropical and temperate regions to those places where a demand exists. The quality of vegetables vary very much and care should be taken to select not only the best in quality but also the best in regard to freshness and soundness. The principal vegetables are:

Artichokes, Asparagus, Beans, Beets, Borecole, Brussel's Sprouts, Brocoli, *Cabbage*, *Carrot*, Cauliflower, *Celery*, Sweet Green Corn, *Cress*, *Cucumber*, Egg Plant or Melongena, *Endive*, Kale, Kohl Rabbi, *Leek*, *Lettuce*, *Melon*, Mushroom, *Mustard*, *Nasturtium*, Okra, *Onion*, *Parsley*, Parsnip, Peas, Pepper, Potato, Pumpkin, *Radish*, Rhubarb, Salsify or Oyster Plant, *Sorrel*, Spinach, Squash, Sweet Potato, *Tomato*, Turnip, Turnip Tops, Vegetable Marrow Squash, *Watercress*.

Those in italic can be eaten without cooking, principally as salads, cold slaw or as garnishes to other dishes. The vitality is not destroyed when thus eaten. Beets, Egg-plants, Onions, Parsnips, White and Sweet Potatoes, Squash and even Tomatoes may be baked with advantage as their best qualities are preserved better that way than by boiling. The others are cooked best by steaming or stewing as preferred. Frying is not generally recommended for vegetables although Beets, Celery, Egg Plant, Onions, Parsnips, Potatoes (white and Sweet) may sometimes be cooked in a frying pan for a change.

Where vegetables are expensive, care should be taken not to waste them: the green portion of celery should be washed clean and if not wanted, stewed or dried for future use in flavoring soups; the tops of beets and radishes can be used as greens.



THE BANANA.

"There are two varieties of the Banana grown in Madeira," says the *English Mechanic*, "the dwarf banana and the silver banana. The former is *Musa Cavendishii* of the order of *Scitamineæ*. It is preferred for exportation."

GRAFTING WAX.

Beeswax $\frac{1}{2}$ lb., Rosin 1 lb. Melt together with enough Linseed Oil to "soften the mixture. The amount of oil will regulate its softness. About a teacupful will be enough oil. When the mixture is melted, stir in the oil and then throw the whole into cold water and immediately work it. If it becomes hard reheat and add Linseed oil.—Nelson J. Aker, Middleburg, Scho. Co., N. Y.—Mr. Aker says this is superior to the wax made with animal fat.

RATIONAL ACTION ON SUBSOILS.

Plants whose roots would descend deeply if feasible, are the very ones to season an inert substratum and admit the gradual deepening of the customary topcrust by plow or spade. The latent value of subsoil is not obtained thro' the conventional treatment of the top or cultivated soil rarely stirred deeper, on farms, than 4 inches, solid. Yet, the available need not be turned down and the unprofitable brought up; but the manure may be applied to the strange subsoil, and both with the surface layer.

The Rev. S. Smith turns back all his topsoil, and having so laid bare the poor subsoil, liberally puts on manure, and has it forked therein. So he provides food and air in the right place: the subsoil for the deep feeding rootcrops. His rows of "Swedes shake hands" by their leaves at 5 feet intervals. Gardeners understand this reason. Of course the manure ought to be good by making sheltering and saving. Salting the heaps as the additions

go on, and are firmed by tramping, is deemed by authorities to be advisable: to fix the ammonia. Salt preserves animal substances, but rapidly decomposes succulent vegetable matter. Green vegetable matter ferments, if impacted, dry only decays, the first process is like quick heat, the other a smothered, latent disintegration.—R. Hecker.

IMPROVEMENT OF SUBSOIL.

Land stripped of topsoil, or drained bogs pared of material for compost, may be fitted by temporarily availing of French furze, *Ulex Europæus*, respectively *Ulex nanus*, or dwarf furze, according to local circumstances. Wild earth is the soil where this plant flourishes. It is a spiny shrub, of the bean family, abounding in Western Europe. There the young, succulent shoots serve as forage, the coarse, woody parts are used for fuel. It has many branches and yellow flowers.

The previous year's growth of furze may be burnt down during the first clear weather in spring, in case the plant had been topped and the stick or stump had become coarse, the plants looking sickly. The young sprouts shoot through the ashes from the level of the surface, and will be fit for use the same season. This operation is not required oftener than once in ten years. This crop, wherever practicable, never fails, is affected by no weather, and therefore is safe and economical. So, man, assisted by the atmosphere and other agents creates, raises crops, independent of the animal kingdom.—R. Hecker.—If French furze be similar to the furze grown in England, it is a legume and is probably like other legumes, rich in nitrogen and therefore a valuable fertilizer for plowing in. It is much coarser than clover, peas or beans and is very prickly when dry.

Apple Blossom Society

FOUR APPLE BLOSSOMS.

Mr. & Mrs. Dobson, 3225 Cottage Grove ave., Chicago, have four children ranging from four to thirteen. They are genuine Vegetarians as they eat no meat, but use a great many of the health foods for sale at 3314 Cottage Grove ave., where the Battle Creek Sanitarium have a branch. I am using Bromose and Caramel Cereal Coffee.—Walter G. Weller, 144 37th St., Chicago.

THE CARD OF MEMBERSHIP.

We have for sometime had an engraving for a card of Membership of the APPLE BLOSSOM SOCIETY and we only waited till we could get it printed on the Vegetarian press. That time has now come and all APPLE BLOSSOMS can have a copy properly certified by sending their name, address, and a club of four subscribers to FOOD, HOME & GARDEN with one dollar. They must have been abstainers from the flesh of animals at least 3 months. As an additional inducement we will send every APPLE BLOSSOM for taking the trouble to get up a club, one copy of FOOD, HOME & GARDEN for year. If any have already earned the card membership by sending a club they will please write to remind us of the fact and we will see that they get a card on their notifying us that they are still vegetarians and intend to continue to abstain from the flesh of animals.

A VEGETARIAN PICNIC.

Our young friends will be interested to know that notwithstanding a very wet day, we had our picnic at Northwood which is a new suburb of Frankford, & Frankford is a suburb of Philadelphia, so Northwood is like a grand child to the great City of Philadelphia. It is gradually becoming a vegetarian settlement as we have now three houses there where no bodies of animals, birds and fishes are eaten.

By referring to the account in the forepart of this No., of F. H. & G. our young friends will see by the menu what it was we had at our picnic. The preparation for it was by young people, assisted kindly, by those a little older and more experienced.

When it was first announced that the Veg-

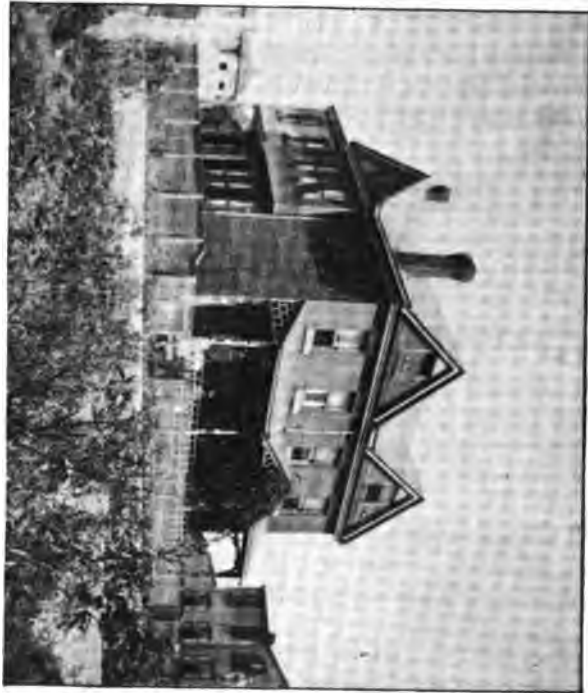
etarian Society of Philadelphia was to have its July meeting at Northwood, it seemed to be concluded at once, that it would be a picnic and one lady kindly offered to send ice cream. Another, her sister, would make gems and this started the ball. Others that could not help so conveniently offered money with which to buy supplies.

A committee met almost spontaneously at 1023 Foulkrod St., and on the porch all was arranged. One charming girl whom, for distinction, we call Mary, said she would make the lemonade and Ma promised to make the Graham bread, while another Mary promised savory sandwiches, and others promised egg-plant sandwiches. Nut sandwiches were also required and "Pa" promised to grind the nuts and the Graham flour on the Vegetarian Society mill, and so everything was soon arranged.

In the mean time political influence was exerted and the new Northwood Park was supplied with settees by the city. Everybody was hoping the rain would hold up and the sun shine. The day arrived; still rain predominated and a storm in the afternoon occurred about the time appointed for the meeting, keeping many away, but then it cleared up and the sun appeared. So we all who had gathered at 1023 concluded to go to the park and we went and organized but after a few short speeches, we adjourned to 1023. There we had a merry time with flute and organ. The picnic that was piled on one or two tables, was served to guests who were sitting on the two verandas, in the parlor, dining-room, hall and stairs.

Although there were many nice cakes and delicacies, the plain home-made Graham bread and the white and Graham biscuits, seemed to be taken with the greatest relish, while the nut sandwiches, being the greatest novelty, were in request beyond the supply.

It was an occasion long to be remembered for its social character and the meeting in the evening at Mr. Wright's was still more numerously attended and the whole passed off joyously.



RESIDENCE OF REV. HENRY S. CLUBB, WHERE THE PICNIC
TOOK PLACE. (SEE PAGE 147) The persons who can be
seen on the porch are Miss Albin, & Miss Montgomery.



THE SEASONS.

The following is sent us by Alma A. Duncan, 1118 W. Water St., Piqua, Ohio. (Alma is 11 years of age): "How beautiful when the spring comes and the flowers are peeping up and the birds are everywhere and the bees are busy. How joyful it is when the spring time comes. And then Harvest comes laden with its grain, fruit and vegetables. How thankful we ought to be to God the giver of all. And how beautiful and green the grass and trees are, when all the trees and flowers are all out in full bloom. I would like for you to take me on trial for one year as an APPLE BLOSSOM and I am going to be a Vegetarian and leave off meat. Excuse all mistakes."

THE PROPHECY OF BELLAMY.

In a recent issue of a New York daily I read of certain methods of avoiding the diseases incident to our heated terms. The authorities formulating these are medical men and both of them are united in cautioning the public against a free use of meat during extreme hot weather."

Slowly, almost unconsciously, there seems a growing sentiment against a large use of animal food. Fruits are growing more and more into favor as a prominent feature of our daily menus.

These are encouraging evidences of the good time coming when our daily repasts shall no longer involve a violation of the sixth commandment.

Another very significant, as well as gratifying, evidence of the eventual triumph of our cause is found in the recent volume of Edward Bellamy, "Equality" which is a sequel to "Looking Backwards".

Mr. Bellamy represents that in the year Two-Thousand no animals are used for food.

The hero of the book we know was lulled into a hypnotic sleep in the year 1887. About the year 2000 he is resuscitated. The book like its predecessor "Looking Backward," details the wonderful changes the intervening centuries have effected upon the earth.

Our hero asks a physician how it came about that the use of animals for food was

discontinued and he was informed that this change was effected not so much on account of the vast improvement in health, beauty and fine general development of body wrought out through the disuse of flesh, as the "effect of the great wave of humane feeling, the passion of pity and compunction for all suffering—in a word, the impulse of tender-heartedness—which was really the great moral power behind the Revolution . . . The sentiment of brotherhood, the feeling of solidarity, asserted itself not merely towards men and women, but likewise towards the humbler companions of our life on earth and sharers of its fortunes, the animals.

"The new and vivid light thrown on the rights and duties of men to one another brought also into view and recognition the rights of the lower order of beings.

"A sentiment against cruelty to animals of every kind had long been growing in civilized lands and formed a distinct feature of the softening of manners which led up to the Revolution.

"This sentiment became now an enthusiasm. The new conception of our relation to the animals appealed to the heart and captivated the imagination of mankind.

"Instead of sacrificing the weaker races to our use or pleasure, with no thought for their welfare, it began to be seen we should rather as elder brothers in the great family of Nature, be, so far as possible, guardians and helpers to the weaker orders whose fate is in our hands, and to which we are as gods.

"Do you not see, Julian, how the prevalence of this new view might soon have led people to regard the eating of their fellow animals as a revolting practice, almost akin to cannibalism?"

It is pleasant to know that this volume has been translated into French, German, Italian, Spanish, and that it is meeting with an enormous sale.

Thus steadily marches our glorious cause to a serene victory in the coming time.—Henry Q. Mack, Dome Farm on Hudson, Catskill Station, N. Y.



DR. CORA A. LEONARD-BLISS.

DR. CORA A. LEONARD-BLISS.

WE have great pleasure in presenting a half-tone engraving of one of our most faithful and zealous converts to the Vegetarian faith and practice. This lady after travelling over the continent, giving delight to thousands by her select reading, elocutionary recitations, personal gifts and attractions, has located at the beautiful City of San Diego, California. We first heard from her when she became a Vegetarian some five years ago, while she was living at Detroit, Mich. She was then editing a small periodical devoted to several prominent reforms.

We frequently heard from her with lists of subscribers to *FOOD, HOME & GARDEN* which she obtained by her personal influence and efforts. She then removed to Chicago where she continued her publication and her valuable aid to the Vegetarian cause. Her paper was the organ of the "National Developing Circle," the object of which was by holding concerted sittings at stated times, to aid in the establishment of colleges and schools of healing and developing institutes in various sections of the country; to demand that the distillation, importation and sale of intoxicants be discontinued; that women have equal rights with men in every respect and the right to equal judgment in questions of morality and to equal wages when performing the same work; that all public offices be filled with those of both sexes who regard "public office as a sacred trust;" that all caste in society shall be broken and that it shall be the duty of all to reach out the hand to the unfortunate and lift them up to a higher plane of morality rather than turn the cold shoulder and drive them still deeper into lower conditions by slander and abuse; to advocate that

all wars shall cease and quarrels be settled by arbitration, and that the golden rule shall guide in all work upon earth.

Writing from San Diego recently she states: "I was converted to Vegetarianism by the perusal of one copy of *FOOD, HOME & GARDEN* sent me by Mrs. Chandler of Boston, an earnest worker in the cause. I became a thorough convert to this better way of living within an hour, and have taken pleasure in doing all that I can for its spread ever since. I believe all reformers should first of all become vegetarians that they may the better present the truths to this world with *pure hearts and clean hands*."

Our readers will readily see from the portrait how successful Vegetarian practice has been in promoting, health, vigor and vivacity, and not withstanding the trials inseparable from early widowhood, developing and preserving those graces and that sweetness of character which constitutes the chief element of all success.

Among a host of newspaper notices we observe that the Syracuse, N. Y. *Standard* says: "The lady is prepossessing and highly gifted, with experience to develop her numerous gifts. She must take her place among the eminent readers and character delineators of the rostrum. Everybody appeared delighted and a universal wish seemed to be expressed that the lady should come again." By other papers her progress from one period to another is remarked upon; her entertainments are described as "refined and intellectual;" that she was "young, handsome and ambitious;" that her entertainments given in various churches were "highly appreciated;" that "the intonations of her



voice were rich and flexible, flowing over an audience with astonishing effect, holding an entire audience spellbound," &c.

With so much of youth, magnetic power and skilful management of her talents we believe the cause of Vegetarianism has in her a most effective and earnest advocate.

HOW TO OBTAIN PROPER NOURISHMENT.

A book published by the "Ralston Health Club" says: "Phosphorus, which is the physical source of all vitality, is essential to health, and is often lacking in the system because people know nothing of the elements of food required to produce health. The great importance of phosphorus and its general deficiency have encouraged hundreds of medicine venders and patent drug proprietors to place upon the market a variety of phosphorus mixtures for the nerves and brain. It is, nevertheless, a fact that unorganized phosphorus taken into the system not only fails utterly to assimilate, but is positively injurious. Any person who knows what foods contain phosphorus in organized form, will go at once to them. Therefore we say that it is the duty of every man, woman, and intelligent child to know. (1) What are the elements of the body. (2) What are their proportions. (3) What foods contain these elements. (4) In what proportion. Such knowledge is fully as important as any in life. . . . Is there any single food which contains the fourteen elements; or which, in other words, supplies carbonates, phosphates, and nitrates? There are a few that do this, one of which is wheat. The nitrates are found in the outside shell; the carbonates, in the main portion, constituting about $\frac{2}{3}$ of the entire grain, and the phosphates, in the germ."

I might say the same of getting iron into the system to keep it toned up and will copy the following from another writer:

FOOD FOR IMPOVERISHED BLOOD.

"The only way to enrich the blood by iron is to get it from our food. All the blood in

the body contains about forty grains of iron."

Wheat	contains	5 per cent.	Iron.
Milk	"	2½-1000 parts	"
Peas	"	8-1000	"
Lentils	"	9-1000	"
Strawberries		10-1000	"
Apples		13-1000	"

It is being discovered that if a person feel bilious, tongue is coated etc. the best thing he can do is to discard all food for two days except good ripe apples and eat all you wish 3 or 4 times a day; then the third day some dry foods like granola or health crackers and graham or wholewheat rolls may be taken.

Milk may be sterilized and like meat broth be free from *live* germs of tuberculosis, Typhoid etc., but when taken is a perfect food for the germs already in the stomach, and thus they multiply very rapidly. But if fruit juice be taken instead, it destroys the germs.

Of course some persons cannot use very acid fruits so they should use juice from sweet apples, huckleberries etc.—S. H. Carnahan, P. M., College Place, Wash.

BE POSITIVE & FIRM.

People have been following a wrong habit of diet from the the ancient times of necessity. Now in this fruitful time of modern civilization, when all manner of edibles are to be had, it is time for us to perceive that all food begins in the vegetable kingdom in which it is pure and unable to cause, or transmit disease: for vegetables and fruits only grow: they do not travel, work or otherwise wear out and cause their tissue to become saturated with uric acid, which is a poison to the human system. As animals do this their flesh is not fit for food, for which it is really an unwholesome substitute. How can thoughtful people consistantly eat the flesh of animals and drink the broth, which is the condensed bath-water, in which the perspiration and other excretia of an animal's corpse, forms the chief feature. When dining out it is easy to say "No, thank you, I do not eat flesh," which is positive, and an easy, as well as effective way of declining.—A. H. Howe.

Food, Home and Garden

HEALTH AND LONG LIFE.

He only can health and long life secure
Who takes food, air and water that are pure:
The first from fruit, nuts, grain and pulse obtain
Fresh air from heaven and water from the rain.

—H. S. C.

ANOTHER DYSPEPTIC SAVED.

We were at a meeting of the U. Peace Union the other day when a lady an eminent peace woman, whom we knew had been for years suffering and believed herself unable to become a Vegetarian as her physician insisted on her eating butchers' meat, handed us the following paper her eyes sparkling with delight: "I have long been a victim to Dyspepsia and I have confined my diet entirely to nuts and fruits now, for some time, with very beneficial results. I was so enthusiastic about it that I told my physician. He would not believe that my diet had anything to do with it." We told her her case reminded us of that of Sir Isaac Pitman. At the age of 20 Isaac was a broken down dyspeptic and his physician insisted on his eating meat three times a day and drinking wine to keep up his strength. He followed his advice but finding he only grew worse, he abandoned both and subsisted on Vegetarian fare. He gradually gained strength and he has never since known by any pain that he had a stomach.

A VEGETARIAN FARM.

"The Lord's Farm, Woodcliffe, N. J." (a very beautiful name,) Mr. Chauncey Roe writes: "where I have been stopping for over a year has recently disposed of all their fowls and cows having no animals on the place except horses. This is the only farm that I know of that does not raise sentient creatures to kill themselves or for anybody else to kill.

"Do you know of any other farm that takes such an advanced step in 'living and let live?' The Lord's Farm people do not eat any kind of flesh, neither use milk, butter, eggs or any other animal product in their cooking; nor drink any stimulating preparations such as tea, coffee, cocoa, etc., only cold water.

They have a large variety of cereals, vegetables and fruits, which they think are much better without being adulterated by grease of any character."

We hope our correspondent will write us more particulars of this interesting farm. Give us the names of the residents there. How long they have been Vegetarians. Pictures of the place and its originators &c.

FROM RELIGIOUS PRINCIPLE.

BY GEO. W. SMITH.

I am heartily in sympathy with the Vegetarian movement, and am a Vegetarian from religious principles alone. That is to say, as soon as I became fully convinced that the vegetable kingdom furnished better food than the animal kingdom, it was conclusive to me, that, in my desire to get near to God in all respects, here was a chance to take one step. I find no Scriptural injunction against the Vegetarian diet, but much sacred word in its favor. It is delightful to me to think that no creature has to suffer in order that I shall live. My life I strive to make one round of self-denying practices. I believe that Christianity is practically self-denial. Jesus denied himself to so great a degree as to lay down his life for his friends. I do not see how any one can follow his command to be "wise as serpents and harmless as doves," without adopting the Vegetarian diet. On my knees I often thank God for the privilege and enjoyment of living without having any person or any creature suffer that I may live; and I devoutly praise His holy name, that he has made it possible for every man so to live, and, in fact, given man even a greater share of blessing by so living, in improved health, strength, and vitality, and in spiritual joy that the majority are in no position to appreciate. I now begin to believe that the use of flesh foods is productive of great evil in the hearts and lives of men; and so I feel as if I could sympathize with St. Paul when he said "If meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend."—Hartford, Conn.

Food, Home and Garden

Vegetarianism has extended amazingly since I called the first meeting in this city a few years ago.—Mrs. Le Favre, Chicago.

SOLD HIS GUN.

After I received your second paper in '94 I saw you were right in your views so I sold my gun and made peace with my animal friends.—Scott C. Jackson, Port Hudson, La.

SELF—THE DECEIVER.

Animal's tastes are right. But mankind must use good judgment for sin has perverted our tastes so that the Old Deceiver makes us believe that poisonous things are good for our health. But he cannot fool animals that way. We often eat or drink too much, or something that is not good for us, and then the Deceiver will say eat or drink a little more and more until the glutton or drunkard becomes a raving maniac.—Hansen, Pasadena, Cal.

THE STIMULATION OF FLESH-FOOD.

Susanna Dodds, M. D., Dean of the Hygienic College, writes: "The waste matter that it (meat) contains, serves as an artificial stimulus, and the individual feels strengthened for the time being, very much as the dram drinker fancies he is stronger while the alcohol is in his system and the vital organs are trying to expel it. But as soon as the struggle is over it is followed by a reaction, and there is a period of exhaustion. The habitual use of meat prepares the palate for other and stronger stimulants. These follow in regular gradation, each seeming to call for the other. So long as one abstains from the use of meat, there is no danger of becoming a drunkard."

THE SPORT OF KILLING.

Rev. David Spring's Sermons published by Neely, Chicago contain many hints in regard to killing sensitive creatures. On p. 117:

"One of our excellent local clergymen preached recently against such an amusement as shooting birds for a prize. All would have been well had not the clergyman entered into a sweet defense of the gentlemanly hunters who bring down a few birds for table use. He rejoiced in the sport of dog and gun. The

sermon showed how difficult it is for a moral principle to make a start. The pigeons which fall at the shooting matches are all sold for the table. It remains for the pulpit to prove that to shoot a bird out in the weeds and pond lilies is any nobler than to rob it of life within the limits of a city."

THE EATING OF ANIMAL PRODUCTS.

Editor FOOD, HOME & GARDEN:—It appears that a good many, if not a majority, of Vegetarians eat eggs and milk, justifying such a course on the ground that they are eating only the products of animals, and thus not necessitating the killing of them. I confess that I have been doing that myself, but I do not, by any means, feel as though I have been acting consistently in so doing. I would like the opinion of you and some of your readers, on the subject. Allow me to say that it is impossible to eat eggs and milk without necessitating the killing of thousands of birds and animals. In order to have a flock of hens one is obliged to hatch as many male birds as he does female ones, which must be killed. A hen will not lay eggs profitably after the third year, on an average, and to keep all the old birds till they die and all the numerous males that are unavoidable, would make a poultry yard but little more than a hospital for sick and aged fowls; the cost of running which would be more than an ordinary man could afford. It would be much the same with cows. Cows are continually getting past the age of giving milk and new ones must take their places. The male calves as well as the old cows must be disposed of by killing in some way. Then hens and cows would not produce eggs and milk in such large quantities as they do now, unless the work of culling out the unprofitable ones should continue. This is the only problem in Vegetarianism that troubles me; and if I were alone I would settle it very quickly by discontinuing the use of animal products; but as there are others depending upon me for support who do not feel this way I am puzzled as to what course to take —J. A. Wilson, Amesbury, Mass.



SPREADING VEGETARIAN PRINCIPLES.

Mary E. Callarman, Buffalo, Kansas writes: "We have been trying a vegetable diet in our family about eighteen months and with the exception of butter and eggs, use no animal food. We would not return to meat eating for any consideration. As far as I know we are the only vegetarians in the county. I hope Vegetarianism may soon be spread to every part of the world."—There is one way to accomplish this and it is to circulate information on the subject. Send **FOOD, HOME & GARDEN** to every home in America and in a few years America will lead the world into perpetual peace with all sensitive animals as well as with all nations. There will always be danger of war while flesh and blood are eaten as daily food. We will supply the material for this work at cost if our friends will furnish that cost.

SATISFIED WITH IMPROVED DIET.

The longer I practice vegetarianism the more pleased I am with the results, and the more I wonder how I ever could have enjoyed a meat diet for so many years and never thought of there being cruelty and suffering involved for the dumb and disease and sickness for myself through such a habit. The scent of boiling and roasting meats used to be very pleasing to me as well as the taste. Now the sight of raw flesh is very repugnant, and the scent of it while cooking is extremely disagreeable, almost sickening.

I have no desire nor craving for flesh of any kind, and I recoil with a shudder from the idea of ever again resorting to the habit of taking the life of the helpless for the support of my own life. When I look around me and see the bountiful supply of food and such great varieties in the vegetable kingdom, it is with wonder and amazement that I ask myself, what more do I need? It is with great satisfaction I answer that I need nothing more, knowing well that the proper nourishment may be obtained from nuts, fruits, and grains thus sparing the lives of other sensitive creatures.—Mrs. R. A. Gale, Rogersville, Mo.

1897

HEALTH, HUMANITY AND JUSTICE.

F. H. & G. is read with interest in our household, being Vegetarians of nearly fifteen year's standing, we naturally are desirous of seeing the good work go on, and think there cannot be too much said upon the subject to awaken the humane in the hearts of the people.

Stomach Vegetarians are not to be condemned. We style them such from the fact that their motive for abstaining from flesh, is the hope of gaining better health.

Most of us began from the health standpoint, and it is well to abstain from such motives. All are benefitted on the selfish plain, for they are escaping the diseased meat and the stimulation of flesh which is a great step towards purity of living.

From this the questioning attitude is reached and the consciousness of needless suffering takes possession of the mind and flesh eating becomes revolting. The gratification of the appetite at such a cost is simply cruelty.

As love begets love so kindly feelings expand and open to the vision a broader vision a broader view. We see God as life, and life to every creature is a joy. We see animals struggle to preserve life, showing something like of our own unwillingness to die. But the horror of being butchered is unbearable! At this stage we see the effect of cultivated appetite. The wrong of bringing animals here to be slaughtered!—blood-thirsty murderers we are!

Then "Thou shalt not kill" looms up with all the mercy the Master taught, and love having entered the heart our heaven upon earth has begun in as much as we have forever eliminated murder and with it disappears the appetite for flesh.

Not wishing ever to be the slayer, we no longer cause our brother to offend by killing that we may eat. Converts to Vegetarianism arrived at this degree are lasting. The inspiration of love, mercy and justice has erected a structure too pure to be again defiled by taking life.—Mrs. Campbell, Cal.

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Food, Home and Garden



Food, Home and Garden

PHILADELPHIA, OCT. 1897.

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBE, Editor.

One Subscription, 50cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

We hope all our young Apple Blossom friends will write to our new Apple Blossom Editor.

We would be glad if our numerous lady friends would write more for the Home Department of their paper.

We hope to give increased attention to the garden feature of our Magazine and we request all who have gardens to write us their experience and suggestions. Good fruit and vegetables are essential to Vegetarian success.

The experience of Mrs. Callerman in Kansas, Mrs. Gale in Missouri, and Mrs. Campbell in California, all appear on page 167 and are strongly confirmatory of the position taken in F., H. & G. as to the joyful effects of living without killing.

Japanese Rice is said to contain a larger proportion of Nitrogen than Carolina Rice. We have obtained a sample of it from a Japanese store in Philadelphia. It is a shorter kernel than the Carolina variety but it is broader. If the correspondent who wanted to know about it will send his address, we will let him know where to get it.

The article by Theodore Koss on p. 173 on Water Cress will be read with interest. It is believed that the high standard of health in London is largely kept up by the water cress which is retailed all over the city every morning by little girls whose musical voices crying "W-a-t-e-r c-r-e-s-s-e-s" fill the air with sweet sounds.

This month we present portraits of two zealous Vegetarian ladies: one, Mrs. Cora A. Leonard-Bliss living in California and the other her friend Mrs. Jane D. Churchill. Both are eminent reformers possessing talent and personal influence of a high order. Next month we hope to present a portrait of that noted antislavery reformer, Parker Pillsbury, and another of Dr. Peebles who has just returned from his voyage around the world. Both are zealous Vegetarians.

The importance of phosphorous is well handled by Mr. S. H. Carnahan on p. 164. Wheat is one of the few foods containing phosphorous and other elements in proper proportions. The value of the Vegetarian Society mill consists largely in its enabling us to secure all the elements required to build up the body from wheat. If we purchase flour or bread ready made we do not get all these elements and we may get what we do not want. Bakers' bread usually has lard in it.

The Illustrated Bible which we advertise is the production of the Cambridge Press and combines the finest typography with the newest form of artistic illustration; all the modern appliances for the reproduction of real works of art being employed. The old Bible is thus brought out in the most artistic dress and made more attractive and interesting than ever before. The low price, combined with the subscription, could only be obtained by our bearing the expense of advertising. We hope our friends will sustain this effort and thereby benefit themselves.

THE ANIMAL PRODUCT QUESTION.

Our good friend Wilson at Amesbury, Mass. is disturbed about the necessity of killing male birds and beasts and poultry, and cows past useful stage by using eggs, butter and milk. We publish this article as it introduces a subject worthy of serious consideration. As to how far this necessity of killing exists and how easy it would be to give up animal products in view of the vegetable butters and



other nut foods are questions on which our friends are invited to think and write. We believe entire independence of the animal is only a question of time.

THE SYNOPSIS.

We are glad that our friends are seeing the importance of having this compendium at their elbow to slip into their letters. It is an experiment, and if encouraged will be followed by other tracts of similar convenient size for letter postscripts. The ounce weight postage gives good opportunity for enclosing.

SAN CLEMENTE ISLAND.

Mr. J. H. Freeman writes from the island of Catalina, Cal., that the best island for a Vegetarian settlement or colony is San Clemente. It only requires irrigation by wells and mills to make it productive. It is 20x6 miles and he understands U. S. would survey it for homesteads if sixty families desire to settle on it.

DEORGANIZED SUBSTANCES.

I have not the least desire for condiments of any sort, appetizing stimulants; just simple fruits, and plain cooked food of Vegetable origin. I believe all deorganized substances are bad for digestion.—Geo. W. Brown, North Danville, N. H.—We do not think deorganized substances are necessarily bad for digestion. Is not all food deorganized before it is digested? Air and water are not organized and yet they are not bad to assimilate and are important elements of nourishment.

OUR PLANS.

To perfect our plans we hope to commence the next volume with new type; new head lines for each page and, if possible, a better grade of paper. This magazine must be as good as any other, and we ask for the co-operation of *all* our friends so that the burden of these expences shall be as light as possible on those who do the work without other remuneration than the satisfaction of the good accomplished. We have a good many friends yet to hear from on the \$1.00 for four subscription plan. Is it possible that there

is a vegetarian in this land of plenty who cannot afford \$1.00 to start four persons on the road to right living?

VEGETARIAN COLONIZATION.

The *Phila. Record* describes a colony of Vegetarians at Oramenburg near Berlin, Prussia as founded in 1893 by seven enthusiasts and as having gradually grown to 47 homesteads where 37 families and 10 single have built houses and raise their own vegetables; have planted 35000 fruit trees and 15000 berry bushes, having the entire property surrounded by a hedge of hazel nuts or filberts. They obtain good prices for their surplus vegetables and fruit and are doing well financially. In fact they obtain higher prices than neighboring farmers on account of the superior character of the vegetables they raise. This being the result of using mineral and vegetable in preference to animal fertilizers. Why could not this be done as well near Philadelphia, New York, Chicago or any of our large cities?

PHILADELPHIA VEGETARIAN SOCIETY.

At the monthly meeting, September 20th, Rev. Dr. A. T. de Learsy being absent, the chair was taken by Rev. H. S. Clubb who opened the meeting in the usual form by invocation. The minutes were read by the Secretary, Miss Emma I. Bettes, and approved. The Chairman opened the subject of a Vegetarian Restaurant in Philadelphia. Stated that such restaurants were profitably conducted in Manchester, England, which was no better or bigger city than Philadelphia and he believed there was even a better opening in Philadelphia for such an enterprise. Mr. Thomas James, Mr. Chas. Koenig, Dr. J. Harvey Lovell, Sarah Hall, Mr. Baldoser, Miss Amy Nichols, Rev. Amanda Deyo and I. John Ransom discussed the subject in various phases and on motion the subject was continued for the next meeting to be held on the evening of Friday Oct. 15th when it is expected Dr. de Learsy will present his views. All interested in establishing a Restaurant are invited to attend.



Apple Blossom Society



HUMANITY IN JAPAN.

The little birds upon the trees,
That float about with every breeze,
Would feel themselves at perfect ease
Were all as good as Japanese!

KATHERINE.

I am a Vegetarian and my little daughter Katherine, nearly six years old, has always been a Vegetarian. She is in perfect health and has never had any children's diseases.—Harriet C. Stein, Seattle, Wash.

OUR APPLE BLOSSOM EDITOR.

Mr. Walter S. Weller who wrote the "Barn Yard Convention" in July no., resides at 144 Thirty-seventh St., Station M, Chicago, Ills. He will be glad to receive letters from APPLE BLOSSOMS and will prepare them for publication when adapted for that purpose. He will also be happy to write to those APPLE BLOSSOMS who desire information and assistance.

"THE BARN YARD CONVENTION."

Miss Oakey writes of our friend Weller's "Barn Yard Convention": "It is an excellent APPLE BLOSSOM production." We see it is reproduced in the *Vegetarian Messenger*; the *Herald of the Golden Age* and we believe in other English publications.

It is said the "Petition of the Birds" written by Senator Hoar of Mass., and sent to the Legislature of his State led to the enactment of the law making it a crime to wear dead birds on the hat or bonnet. Some ladies in Mass. have been fined \$10.00 and costs for this offence.

A VEGETARIAN CAT.

All APPLE BLOSSOMS will be glad to know that Miss E. I. Oakey has succeeded in making a Vegetarian of her cat "Marlborough" or Marl as he is called for brevity. He has been brought up on milk and whole-wheat bread. Miss O. who has recently returned to Philadelphia, where she has taken up her residence, writes: "It would give any of our good Vegetarians pleasure to see "Marl" eat with such evident satisfaction plenty of whole-wheat bread three times a day. He is a most gentle little puss nearly five months old and plump for a young cat in summer weather. He eats from my hand and cries when he thinks the

hour for meals has arrived in order to induce me to sit down quickly that he may pounce into my lap and be fed with whole-wheat bread held in the palm of my hand."

APPLE BLOSSOMS SUMMERING.

Writing from Weller's Grove, Stone Lake, Family Summer Resort, La Porte, Ind. Aug. 16, 1897, Walter S. Weller writes: "DEAR APPLE BLOSSOMS: I am in this lovely summer resort; and, although the menu is not Vegetarian, I find enough that I can eat.

The Vegetarian mode of life makes children a great deal better. Two of my little Vegetarian friends are here; and they are among the nicest children that are here. In contrast to these, a little girl whose sister is a flesheater was showing me, this morning, a place on her wrist where her sister had pinched her; and she said it had been bleeding.

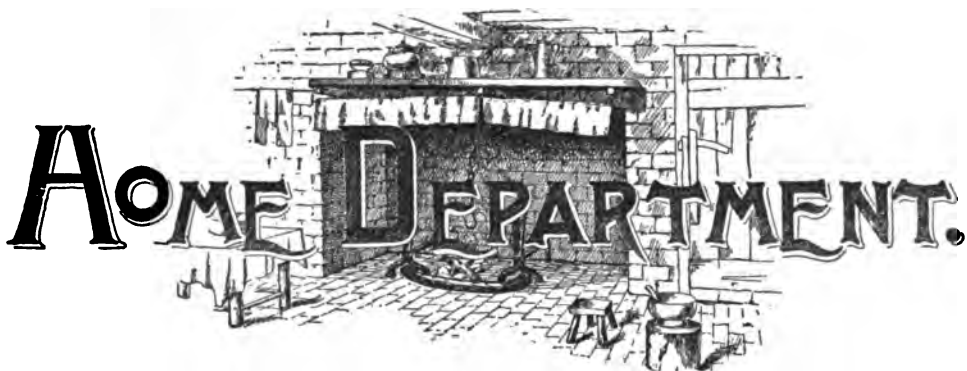
"There is one lovely girl in La Porte, although she is not yet a Vegetarian but judging from the sweetness of her disposition and character I expect she will soon become one as it seems out of character for her any longer to eat the flesh of her animal friends."

THREE YEARS AN APPLE BLOSSOM.

After three years of experience with the Vegetarian diet I will write and tell you how I like it. I have had much pleasure in eating vegetables, nuts and fruits, and am very sure I have better health than flesheaters. I rejoice in the thought that my poor dumb friends do not have to suffer death that I may eat. I am always trying to convince others of this completed religion; I have two seekers, they both eat things cooked with meat and one of them tastes it occasionally, but I live in hopes that they will be fully converted.

I do not think they eat any meat in heaven, nor do I think that the true Christian can afford to cause the innocent to suffer.

I am very glad that I ever came in contact with your little paper because it was by its means that I was converted to this holy principle. Your little APPLE BLOSSOM—Vera A. Strickles, Solomon, Kansas, July 28, 1897.



MENU FOR A DAY IN OCTOBER.

BREAKFAST.

Waffles. Stuffed Apples.
Granulated Hominy.
Delaware Grapes.
Southern Rice Bread.
Water. Cocoa.

DINNER.

Scarlet Runner Bean Soup.
Glazed Sweet Potatoes. Stewed Squash.
Boiled Apple Dumplings.
Dutchess Pears.
Brown Bread. Cereal Coffee.

TEA.

Sliced Tomatoes. Lettuce.
Nut Sandwiches.
Olives. Cottage Cheese,
Graham Gems.
Fig Pudding. Peach Jelly
Grape Syrup.

RECIPES.

Fig Pudding.— $\frac{1}{2}$ lb. figs, washed and chopped fine, 2 teacups grated bread crumbs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup sweet cream, 1 cup sweet milk, flour to make batter. Steam 3 hours.

Stuffed Apples.—Select as many apples as required, being careful to have them of the same size. With a long, slim knife take out the core. Prepare a filling of grated bread-crumbs, a small lump of butter, sugar to taste and a little cinnamon or nutmeg. Rub all well together, fill the hollow in the apples with it, set them in a hot oven and let them bake until done.

Southern Rice Bread.—Put two cupfuls of boiled rice into a bowl, add two cupfuls of milk and the well beaten yolks of two eggs. Sift in gradually 1 cupful of flour, add $\frac{1}{2}$ teaspoon of salt, two tablespoons of butter (melted) and the whites of the eggs, whipped to a stiff froth. Turn into a well-greased, shallow pan and bake 30 minutes in a moderate oven.

From Miss Amy Nichols, Philadelphia.

Peach Jelly.—Take peelings of one peck of hard peaches; cover with 3 pints of water; boil until very soft; strain through very heavy cloth; measure the juice; boil 20 min.; add for each pint of the juice a pint of sugar; boil again until it is firm enough; pour into glasses and cover with waxed paper. The peaches can be used for stewing or canning.

VEGETARIAN HELP.

If sensible, good women only knew how highly they would be esteemed if they were good, competent Vegetarian Cooks, House-keepers &c. they would busy themselves in perfecting their knowledge and ability in Vegetarian Cookery. There are several good cookeries and a very little practice would with the aid of the *American Vegetarian Cookery* enable them to provide satisfactorily for a Vegetarian family. We frequently have letters asking for such help and if competent persons would write us and state their qualifications and expectations, we could frequently get them desirable positions. One gentleman living in a pleasant seaside residence in a healthy locality writes: "We would like to find a young woman of 20—30 who is progressive and wishes to train herself in music or some other branch, who would like a home near N. Y. City while she is studying and would be willing to exchange a certain amount of work for home or who would give more time and receive wages in addition. We feel that to carry out our ideas about having only one solid meal a day with fruit for breakfast, and light noon meal, we must have a helper who is in sympathy with simple living."



AMBRÓSIA.

This is the name of a new nut product invented by the Sanitas Food Co., Battle Creek, Mich. It is a very rich and delicate article resembling honey in appearance and flavor, but much more nutritive and admirably adapted for dyspeptic invalids to restore their mucuous membrane to its normal condition.

"NUT COCOA."

Nut cocoa is a readily assimilable combination of cocoa proper and of pulverized groundnuts or earth-nuts (*Arachis Hypogæa*) alias "Cameroon nuts," prepared by a competent chemist in Leipsic, Germany. The official analysis by a noted expert reads thus:

	Nut cocoa.	Common cocoa.
Nitrogenous extract	34.04	17.04
Fat, cocoa butter or oil	23.46	25.
Starch &c.	27.44	39.07
Fibriu (woody fibre)	4.44	5.3
Water	3.59	5.3
Ashes, (incl. alkali 3.34)	6.68	5.
Theabromin	1.05	2.3

This product is put up in convenient packages of varying size and weight, goes far and is not costly. The flavor imparted by this Cameroon nut is perceptible, but agreeable. The nut is rich in albumen, and of interest to persons requiring a preponderance of this element.—R. Hecker.

Arachis Hypogæa is the common peanut cultivated in Va. and other Southern States. It is probably called Camaroon from its being grown in the Camaroon country in West Africa where both mountains and rivers are so named and where a tract of country called Camaroon is claimed as a German colony. There is no reason why the same combination cannot be produced in this country by the use of the Vegetarian Society mill.

THAT BOX OF FAMILY SUPPLIES.

We have received from the Hall Cereal Company of Dansville, N. Y., one of their boxes of Family Supplies mentioned in their advertisement on the last page of cover this month. It contains enough of each of their

products to enable any one to judge of their value. It is a supply that will last a small family quite a while and is especially adapted to those who have not leisure or opportunity to prepare their own cereal food by the use of the Vegetarian Society mill. It is the next best thing to grinding one's own grain, to have it ground by a reliable firm who make a speciality of perfect as well as clean grain. Their corn meal and Graham flour we have tried and can fully endorse them as the very best we have ever been able to obtain. The satisfaction of having pure food it worth much more to the consumer than the little additional cost there may be in obtaining these special boxes of supplies from this well known and long established company. The other goods are no doubt equally satisfactory and it will be an especially good opportunity to accept their generous offer of nicely packed goods. The plan of packing in cartons ensures the most perfect freedom from dust or dirt so likely to accumulate with goods that are sold in bulk. With these goods the most perfect corn mush, cakes, gems, Graham bread and gems, gluten bread, oatmeal mush, Blanc Mange, griddle cakes, puffs, Boston Brown Bread and Peptic preparations for invalids and numerous nice table dishes can be made, adding greatly to health, comfort and the economical enjoyment of life. Directions on each carton.

HOW TO MAKE TOMATO CROQUETTES.

Peel, cut into halves and press out the seeds from 6 good sized tomatoes. Put them into a chopping tray and chop rather fine and measure. To each pint of the chopped tomato allow a pint of bread crumbs, a teaspoon of salt, a teaspoon of onion juice, a saltspoon of pepper and a tablespoon of chopped parsley. Form this mixture into cylinder shaped croquettes, dip in egg and then in bread crumbs and fry quickly in hot butter or oil. These are difficult to make unless the bread crumbs are in the right condition. If the mixture is too soft to handle, add more bread crumbs. Cold boiled rice may also be mixed with chopped tomatoes and made into croq'ts.



THEO. KOSS.

We have pleasure in announcing that Theodore Koss, the well known seedsman and Horticulturist of Milwaukee, who is a Vegetarian, has kindly consented to contribute practical articles to this Department. Articles signed T. K. are his.

KEEPING CABBAGE.

Every vegetarian who has a garden, should raise more or less cabbage for winter use.

Where cabbage is grown on a large scale for shipping purposes, the best plan is to lift the cabbages and stack them two tiers deep and as closely as they can be placed in an orchard, or wood, if convenient, and cover with leaves to the depth of two or three inches, the leaves to be kept in place by a light covering of earth. In this way the heads will keep perfectly sound all winter, and they can be easily taken up as wanted for shipping.

For family use cabbages can be kept in the same way, only it will not be necessary to make the second layer. It is quite important to keep them a little below the freezing point. It has been suggested to keep them in some convenient building but this plan has always resulted in failure, as the dry atmosphere is fatal; cabbage must be kept moist and cool, the slightest wilting renders it unfit for the table.—T. K.

VEGETARIAN'S DELIGHT CABBAGE.

I take pleasure in herewith announcing that I shall introduce a new late cabbage next spring. A variety of unusual good merits, large, very solid and an excellent keeper.

This cabbage I have decided to name "The Vegetarians' Delight" and hope to place a packet of seed in the hands of all vegetarians who have gardens. A full description and illustration of it will appear in these columns

in due season.—Theo. Koss, Milwaukee, Wis.

WATER CRESS.

This hardy fresh water plant is highly esteemed as a salad and may be drawn upon at all seasons. Its warm and cordial qualities make it particularly healthful and appetizing in winter and spring.

It seems to be the most universal salad plant. Some Encyclopedias class it as "a plant that has been used for salad from time immemorial." German, French and English market reports quote the sale of Water Cresses and the seeds and plants are offered in all their trade lists. Yet the supply comes from rural sections, where streams of running water abound. Once started, nature takes care of the plants. It is considered a wild growth in many places, but this may arise from naturalization of plants that have so long survived the hand that planted them, that none are left to tell the tale. "Men may come and men may go, but I go on forever," the Water Cresses beside the babbling brook may say.

The necessary conditions are running water and a clean sandy or gravelly bottom. It is a creeping perennial and requires room to spread, running water is absolutely necessary. Still, deep or stagnant water, or dark, muddy, sour soil will not grow the cresses. The most favorable site is near the source or head of a shallow stream. Springs do not freeze, and a spring fed stream near its source will admit of the cresses being gathered all winter. They are iron clad plants, defiant of cold. The plants ought to be set about eighteen inches apart, and lengthwise of the stream. This distance gives room to spread. If the depth of water be not more than one or two inches, the plants as they grow will obstruct the



course, so that the depth will increase several inches above the leaves, a condition highly favorable. They may be cut all winter from such places. Wherever there is a spring of running water, the owner stands in his own light, that does not plant water cress.

They may be raised from seed on a little plat of ground so situated that water can be turned on it, under an improvised system of irrigation. The plants will grow and when the character leaves have formed, may be set on the water side where they are to stay for good. Spring is the best time to sow the seed, but any season, except winter, suits for transplanting them, either from seedling plants or plants from other plantations. The water keeps them perfectly fresh till the roots have time to fasten themselves into the soil. Young plants may be cut three times, to make them stocky, but after that the oftener they are cut the better. Cut and come again is the rule. Their fresh growth is inexhaustible.

Pepper Grass or Curled Cress belong to the same class, but is a different salad plant from the aquatic.

Water Cresses are convenient and exceedingly healthful for family use and also profitable as a market product. They are cheaply and easily raised. Once established they form a plantation that may be depended on without further expense or labor.—T. K.

THE SCARLET RUNNER.

This ornamental vine grows profusely in our Frankford garden. Its seeds we consider the richest of the beans grown for food. It is strange that it has not been more generally grown in this country as it is a good summer vegetable, the pod being a fleshy edible, and it supplies when dry a most excellent winter dish either in soup or as baked beans.

THE CALIFORNIA PEPPER TREE.

A kind friend in Southern California sent us two Pepper Tree plants and they have grown in our garden and are already greatly admired for their beautiful foliage. A few cuttings we have tried have struck root and are growing nicely. If this tree will stand Philadelphia winters, it will be a valuable

acquisition to our ornamental and shade trees as its white blossoms and red berries at the same time form a charming contrast to its green foliage.

GRAPE VINES FROM CUTTINGS.

Grape vines can be raised rapidly from cuttings three or four ft. long, putting two or three buds underground. It is better if the outer end of the vine is its natural end, not a cut end. Such a vine has grown from a cutting to a bearing age in about four years. Keep pruned to a single trunk with a few vigorous branches moderately headed in every year.—Alfred H. Howe, New York City.

VEGETABLE & MINERAL FERTILIZERS.

Our friend Rudolph Hecker makes the following seasonable suggestions:

The ashes of old newspapers, pamphlets, magazines, books &c. mellow stiff clay soil very nicely. Since nothing is now paid for such relics, it is worth while to burn them on still days, and utilize them for the garden.

Much valuable waste material is dumped where it becomes offensive, because not covered, that thrifty people might utilize who eschew manuring with animal offal and debris. Thus the trimmings from florists' stores, truckers' sheds, from residences and withered bouquets, wreaths, garlands &c.

Crude minerals, albeit reduced to dust, suffice not, *per se*, as renovator of overtaken soil. They who have been led to expect much from topdressing, (or other incorporation with the surface), with road scraping &c. alone will be disillusioned.

A judicious blending of finely ground granite, fallen vitreous basalt &c. with packed layers of fermenting vegetable matter causes confined ammonia to act upon silica, and so combine rapidly progressing elements to quicken the inert mineral. Stones, solely, cannot speedily produce breadstuff. A concert of action by substance from the vegetable and mineral kingdoms does so, for rocks are worn and disintegrated by lichens, mosses &c. aided by atmospheric influences. An expert, recently deceased, demonstrated this process on this soil in Highland Bavaria.



JANE D. CHURCHILL.



JANE D. CHURCHILL.

IN our correspondence with Vegetarians in various parts of the country the name of Jane D. Churchill has often been mentioned with high respect and affection as that of a true reformer and Vegetarian. So we wrote Mrs. Churchill for her experience and photo, both of which we subsequently obtained as follows:

HOW I BECAME A VEGETARIAN.

"About eight years ago I heard Mr. M. S. Ayer of Boston deliver a lecture on "Wheat" before the Sunday school of the 1st Spiritualist Temple. He affirmed that the slaughter of animals for food was wholly unnecessary as white wheat contained every element found in the human body and in about the same proportion and therefore he said it was possible to be well and strong without the use of meat as an article of food; that in fact Vegetarians as a rule enjoyed better health and were stronger physically. He gave the proportion of nutriment contained in beans, potatoes, beets and other vegetables as compared with that found in the flesh of animals. The idea of being able to live without the use of meat was new to me. I had always supposed it an indispensable article of diet and although I had always felt it cruel and really barbarous to kill animals for food, I thought it must be done that human life might exist. It was very pleasing to me to know that

it was otherwise. Mr. Ayer at that time had been a Vegetarian for ten years, and when I considered how well and strong he appeared, and what an amount of endurance he possessed, I felt that it was indeed possible to live without the use of meat. I then and there determined to give it up and though I had opposition to encounter from both friends and physicians, I have eaten neither fish, flesh nor fowl since that time.

"My health is much better than before I became a Vegetarian; can do my housework which I was unable to do before; can take long walks without fatigue, and although La Grippe has been prevalent in the locality where I reside, I have not taken it; dyspepsia is a thing of the past, and life is altogether more perfect and desirable.

"The haunting thought that some poor dumb animal was slain to furnish me with food is not present when I sit at the table, and I somehow feel sweeter and cleaner for not taking their dead flesh into my system. I can think of the dew and the sunshine; the fruit and the flowers, and Mother Nature's kindly care in providing such a variety of good things for the sustenance of her children and we can feel a nearness to her great, bountiful heart that fills us with love for all living creatures and gives a sense of peace and satisfaction that seems to me impossible to come to the flesh eater.

"I wish it were possible to make all the world understand how unnecessary it is to kill animals for food, to make everyone realize how much healthier stronger and cleaner they would be without the use of meat. I am comparatively a new convert to Vegetarian living, but I can think of no inducement strong enough to make me return to the old way of living.—JANE D. CHURCHILL, Summering at Idlehurst, Blodgett's Landing."

One of our most reliable correspondents wrote us that "Mrs. Churchill is a well known worker and writer of marked ability; a noble, earnest woman and an enthusiastic Vegetarian and Mental Scientist, residing in Boston, Mass." The picture we have obtained of her we fear will hardly do her justice, but it is the best now obtainable, and was kindly loaned us by the Editor of the *Light of Truth*, Columbus, Ohio, who expresses a high opinion of her earnestness and ability.

To those who are thus practising Vegetarianism in isolation and who have not communicated with the Vegetarian Society, we extend a cordial invitation to connect themselves with the Society and thus add force to the movement. Send us your experience as Mrs. Churchill has done, and thus become identified as being on the "upward path." "Example is better than precept."

VEGETARIAN SOCIETY MILL

THE FAMILY FOOD SUPPLY.

The supply of good, clean, wholesome food for a family is the most important concern for a housekeeper and when we know that hog's lard either as such or in some adulterated form enters into bread, cakes and pies of almost all bakeries in this country, the necessity for home-made bread, not in name, but in reality, becomes apparent to every careful, conscientious housewife. The fact that the white flour of commerce is deprived of the most important element of nitrogen, or vegetable albumen, which the bran contains and the almost impossibility of obtaining fresh, pure Graham flour, renders it of first importance that every family should have a convenient mill by which to reduce wheat to the necessary condition of good Graham flour.

This mill the Vegetarian Society of America supplies at very moderate cost. And while it is admirably adapted to the manufacture of the best possible flour, the mill is also equally adapted to the grinding of nuts which cannot be said of other grist and coffee mills as they are usually made. Nuts being soft and oily will choke up ordinary mills, and the Vegetarian Society Mill is so formed as to relieve itself of all such material without any difficulty, and it is therefore applicable to uses in the preparation of food which other mills are not. While it is thus equal to so many purposes it is sold at no higher price than mills of the same size only adapted to coffee or grain.

GRINDING THE BRAN.

The chief objection to Graham flour made by dyspeptics is the irritating character of the bran and to obviate this objection some millers have invented what they call "whole wheat flour" but which has the outside of the wheat kernal rubbed off before grinding into flour. This however, necessarily deprives the grain of very important elements which lie so close to the outside that in removing one the other is wasted if not entirely removed.

But by the intelligent use of the Vegetarian Society's Mill the whole kernal, bran and all, is ground becoming so fine as to overcome the objection to Graham flour raised by dyspeptics and their doctors. The bran is reduced to flour and blended with the starch in such a way as to make it all more digestible.

The process is to first crack the wheat by running it through the mill when set quite open. Then sieve out what white flour may be in it. Then run the balance through with the mill set as close as required to make a nice, soft meal. What coarse bran is not ground can be sieved out and passed through again until the whole is reduced to a fine, soft flour such as good cooks know by the feel will make nice bread. The first sieving and the last should be well mixed together before the flour is used. Of bread made of this whole wheat Graham, Mr. Scott, president of the N. Y. V. S. wrote in *The Vegetarian*, Aug. '97: "If a loaf of Mrs. Clubb's bread could only be given round in the city it would be the strongest argument with which to appeal to the average human being to adopt a vegetarian standard of living."

BLANCHING PEANUTS.

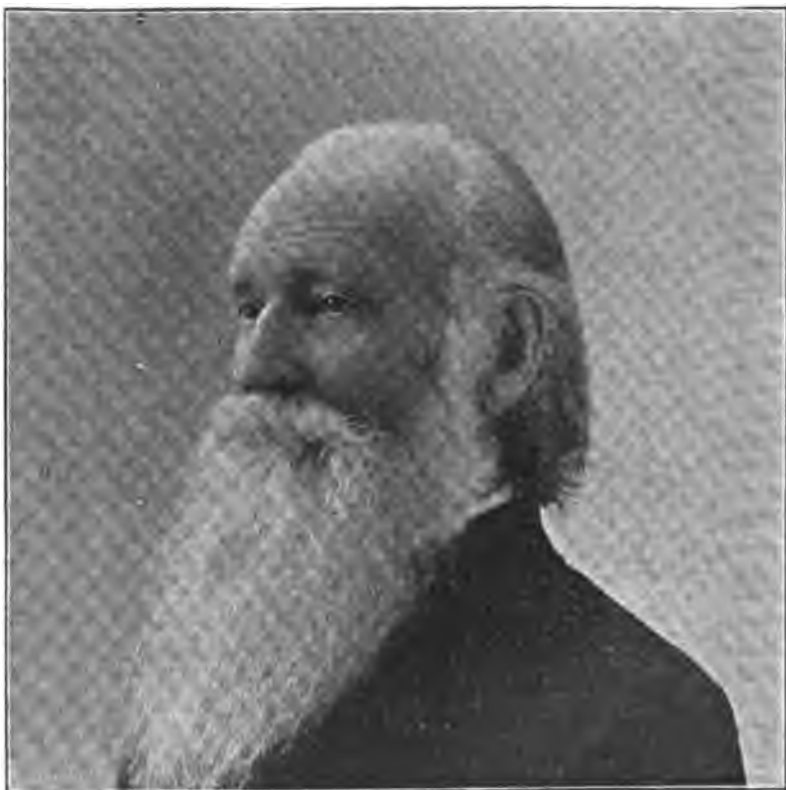
One of the most tedious processes connected with the manufacture of Nut foods now becoming in such universal favor, is the blanching process which has hitherto been done by hand-rubbing in a sieve after roasting the peanuts. But experimenting with the Vegetarian Society Mill has completely overcome this difficulty as all that is necessary after roasting the nuts is to let them cool and then run them through the mill so adjusted as to only split each nut in two pieces. This at the same time rubs the brown skin free from the nut; then pour the split nuts from one pan to another a few feet below, in a draft of air to carry off the brown skins. The process can be repeated two or three times or until all the skins are blown away.

THE HEALTH HOME, URBANA, ILL'S.

The following cut is in illustration of the principles taught at the Health Home at Urbana, of which Dr. Beverly furnishes some idea on page 182. It is a thorough Vegetarian Home based on the scriptural ideas of the Garden of Eden and the descent of the New Jerusalem as paradise regained. The American youth is leading the children of other nationalities into the promised land of purity, peace and plenty.



When Christ said Suffer little Children to come unto me, he did not require their pedigree.



JAMES M. PEEBLES, A. M., M. D.



JAMES M. PEEBLES, A. M., M. D.

ONE of the most remarkable men on the American continent is James M. Peebles as his picture indicates. He was born in Whittingham, Vermont in 1822. He had Scotch father and English mother. He taught school at Pitcher, Vt. at the age of seventeen. Married a deacon's daughter, selecting her he said "for qualities that would wear well."

While a tall, slim and beardless youth he became a Universalist preacher "preaching salvation by grace but universal salvation



JAMES M. PEEBLES, M. D.

anyhow." At this period he "dabbled in medicine." Kelloggsville where his church was located, had but two doctors and one of them was a botanic and steam doctor. His sympathies were with him although the Allopaths declared he had but three remedies: Steam, Cayenne Pepper and Lobelia.

"Personally," writes Dr. Peebles, "I am a good liver, eating butter, cheese, eggs, milk,

nuts, fruits and vegetables and although in my seventy-sixth year, can bat a ball and run like a lad of sixteen. Having no aches or pains, I am richly enjoying these youthful, the sunniest years of my life. I am puzzled, however how sickly sectarists believing in the Bible, and especially in the inspired words of Moses: 'of swine's flesh thou shalt not eat' can partake of dead hogs either boiled or broiled."

In 1869, President Grant appointed Dr. Peebles U. S. Consul at Trebizonde, Asiatic Turkey. At the termination of this consulate, the Doctor took a long tour through Asia Minor and Southern Europe.

In 1872 he made his first trip around the globe, visiting the South Sea Islands, Australia, China, India, Arabia, Egypt, Palestine, Turkey &c. His experience on this circuitous voyage was embodied in a volume entitled "Around the World."

In 1877, Dr. Peebles took a second voyage around the world visiting the same countries and also Africa, Nepal and Ceylon.

Just before his starting on his third voyage around the world, in 1896, the *Petit Courier* remarked of him:

"He has always been characterized for his geniality, his detestation of shams, his universal tolerance of opinion and expression, his entire freedom from race prejudice, his childlike spontaneity, and the unstudied eloquence with which he has ever pleaded for the oppressed and the down-trodden of every land. Though in his seventy-fifth year, the Doctor is as hale and vigorous as a man of thirty-five.

"Nearing life's setting sun, there is not a fragment of doubt in his mind but that the



incompleteness of this rudimentary life will, in some approaching evening time, open upward into the sunlight of another and higher life of growth and ultimate completeness—one God, one law, one brotherhood, and one divine destiny for all humanity.”

Dating from Indianapolis, Sept. 16th, 1897, Dr. Peebles writes: “I returned only six weeks ago from my third tour around the world and wherever I went, I lectured upon Physiology, Hygiene, Vegetarianism, Anti-vaccination. I am a member of the Red Cross Association of Clara Barton fame, and I was authorized on this third tour, to select physicians to attend the Red Cross Parliament that meets in Paris in 1900. My adopted son, Dr. Buroughs, is in practice here and I am staying with him for a few weeks.”

The *Temple of Health*, Indianapolis, published an excellent portrait of Dr. Peebles and inserted among other matter concerning the trip the following from the *Progressive Thinker* of Chicago: “In his travels around the world Dr. Peebles has had showered upon him honors and dignities by foreign Courts and was everywhere received with a hearty welcome. His research in India of the Occult powers and remedial remedies used by the learned profession there, have been highly instructive and beneficial. The doctor comes home to America to his thousands of friends and admirers, vigorous in health, ripe with knowledge and experience gained by his travels and study. In connection with physicians and surgeons in charge, he visited on his tour, Leper Retreats, Insane Asylums, Medical Hospitals and Infirmarys. This he was enabled to do in seventeen countries, being a member of the Red Cross International Medical Association.”

On his return from his third voyage around the world he published in the newspapers a very interesting account of India and New Zealand. The former he claims has been impoverished by taxation and is the poorest country he visited. He says England has squeezed the life out of these thronging 270,

000,000 of people. They are uneasy and dissatisfied with English rule but to rise and throw off the yoke is impossible as no Hindoo is allowed to own a revolver or firearms of any kind. But “New Zealand situated 1,200 miles from Australia, with a climate like that of Italy in the north and England in the south, is decidedly the most prosperous country that I saw—no tramps, no millionaires and no honest toilers seeking, pleading for work at good wages. And why is it? Effects have their legitimate causes.

“Briefly summed up, these are the causes. The Government of New Zealand owns the railroads, the telegraphs, the telephones and through Parliament has so arranged her laws that those who squatted in early years, or subsequently purchased large tracts, are taxed—so heavily taxed for their unoccupied land-holdings that they are very glad to sell them at a very reasonable price to settlers who want to make homes for their families.

“New Zealand has also woman's suffrage. The Bishop of these islands, my traveling companion by steamer from Auckland to Sydney, was a devoted advocate of extending full and free suffrage to women. “It had already,” he said, ‘raised the standard of politics, and elected a higher class of officials.’ Those who most violently opposed the woman's suffrage were gamblers, liquor dealers, and the men that owned or patronized houses of ill-fame. Our sainted mothers, wives, sisters, daughters, in a word, women, being the subjects of law, and punishable if violating law, it is but the simplest act of justice that they have a direct voice in the making of law.”

The good doctor's energy seems to be increasing with his age and although verging towards eighty he is full of life, enthusiasm and vivacity and we have reason to believe he will long continue to exert a powerful influence in promoting those forms of truth, morality and spirituality in which he has so long been a distinguished, able and faithful laborer.

Dr. Peebles will soon return to his Sanitarium at San Diego, Cal.

Food, Home and Garden

NUTCOA OR COCOANUT BUTTER.

The manufactory of this valuable product is at last in running order in Philadelphia. Orders sent us will be supplied promptly at 15 cts. a lb. in crates of 50, 60 or 100 lbs. The name is changed to comply with Pennsylvania law.

WHEAT MEAL.

The famous Arlington Wheat Meal manufactured by Samuel A. Fowle, Arlington, Mass., comes the nearest of any bread stuff in the market to being a perfect food. Those who cannot make their own Graham should send to Mr. Fowle for his valuable product. See his advt.

ASTHMA CURED BY VEG. DIET.

I was a good part of my life about an invalid with asthma often nearly smothering to death, and a philosopher once said you can get well of that asthma if you will stop eating flesh. I did so and my asthma is a thing of the past for the last 10 years. I am now 54 years old hence I have been relieved of my suffering. I am glad to see you people advocating such a truth.—John S. Booker, Parkersburg, W. Va.

THE DOCTOR AND THE APPLES.

Once when riding through South Jersey with a doctor grown old in practice in his neighborhood, we passed an extensive orchard in which many of the trees were laden down with rosy fruit, and upon remarking that it seemed to be a bearing year, he said "Yes," and pointing to the apples that lay in profusion upon the ground, "there is more real medicinal value in those pills than all my buggy case ever contained."—*The Gate to Health*.

FACTS CONCERNING RIGHT LIVING.

An article on this subject by Dr. Jozef Drzewiecki, Warsaw, which appeared in the *Golden Age*, after stating interesting facts, concludes as follows: "(1) There is no doubt that man, as natural sciences and religion testify, is created to live on fruit and vegetable

food. (2) That such diet purifies the blood, while meat inflames and is the source of many diseases which are the punishment for breaking the natural law and command. (3) Belief in the value of meat diet is supported by erroneous opinions of some medical authorities—opinions, which in time have rooted themselves into the minds of men and become their property, their habit. Besides nature there is no authority.

"There is a custom to breakfast, lunch, dine, and sup, as if such a command existed for men." As I thought about it I wondered more and more, why so many of us just follow customs and habits regardless of consequences. He cited the following rule: "Eat only when hungry, and drink when you are thirsty, and never other wise." He says if one eats more than one needs instead, of it strengthening one it poisons one. Think it over and I do not doubt but the seeming mystery of so much sickness, poverty, crime and suffering will be explained. "Pure bodies make pure hearts." "Man does not live by bread alone." Not only the food we eat, but the air, water, sunshine are full of life and health and strength.—Mrs. C. F. T., Central Falls, R. I.

THE REINDEER.

This noble animal introduced to, and domesticated in Alaska is a frugally disposed vegetarian, subsisting on the long, fibrous, white moss abounding in central and arctic Alaska, a vast territory unfitted for agriculture or ordinary cattle raising.

Trained reindeer are proving very useful in transportation. Dogs have been employed for this purpose but will be discontinued for they are slow and must be burdened with the food for their maintenance. Reindeer make in a day twice or thrice the distance covered by a dog-team, and at the end of a journey may be turned loose to feed on the moss always accessible to them. Thus the reindeer will largely render Alaska available, unless a disease that attacks the hoof, and is due to the damp soil prevent.—R. Hecker, Philada. Oct. 2, 1897.

Food, Home and Garden

MAKING CONVERTS.

I note in *FOOD* that people occasionally say they were converted to Vegetarianism by seeing one copy of *FOOD*. Is it not then the double duty of each person who gets *FOOD* to show it to at least one or more of their friends and try to extend the good work as fast and as far as possible? In the noble words of *The Voice of the Silence*: "Inaction in a deed of mercy becomes an action in a deadly sin." Let Vegetarians remember to act abundantly upon that magnificent maxim.—F. S. Ryman.

VEGETARIAN COLONY, SWITZERLAND.

Synopsis of the initiated vegetarian colony Monte Trinita, R. R. station, Locarno, on Lake Maggiore, Canton Ticino, Switzerland. Altitude 1300 ft. Mild, short winter, long summer. No extremes of temperature; no dust, no fogs, nor high winds. Luxuriant vegetation, fine flowers and gardens. Picturesque scenery and surroundings. Alpine views. Grapes, pears, apples, figs (even at that elevation, available), superior, edible chestnuts and other sorts of nuts, from the middle of August till January; prior thereto: huckleberries, strawberries, raspberries, peaches &c. Also, on trellis, sheltered, limes and oranges. Good soil and water. Cost of living, moderate. Price of land not high, varies according to location. Title reliable. German and Italian spoken. Vaccination not compulsory. Referee: Frederic Kuerschner, Aaran, Switzerland. Enclose double postage, when addressing him.—R. Hecker, Oct. 7, '97.

BUDDHISM & VEGETARIANISM.

For the very small sum of 35 cts. our Vegetarian friends can buy *The Gospel of Buddha*. A review of this book appears in *FOOD*. If I am right the Buddhists are consistent vegetarians and this Gospel will be of great service to the Vegetarian cause in the U. S. I hope.

A misunderstanding seems to exist in regard to the burning of widows in the East and to be sure of the attitude of Buddhism on this I wrote to Dr. Paul Carus, Editor of *The Open Court* of Chicago. He writes: "Mr.— is quite mistaken in attributing the burning of widows

to Buddhism. That is an old Hindoo rite which originated through a mistaken interpretation in the Yagur-veda and remained in practice until the English set themselves against it. In ancient Vedic times the practice was not in vogue. It originated later. Buddhism set itself against it as much as against bloody sacrifices. In Buddha's time the practice was not general. Only when Buddhism was expelled from India and Hinduism gained the upper hand again, the practice of burning widows became fully established. It is now suppressed all over India and may take place only in such remote parts as the British government cannot reach.

"You may tell Mr.— authoritatively that Buddhism has nothing to do with it except that it denounces it as a terrible barbarism."—F. S. Ryman, Boston, Oct. 5, 1897.

HEALTH HOME, URBANA, ILL.

We ought to stand for the truth and help proclaim it to others for their benefit. When at the University of Chicago, Class of '72, I saw the light of this Truth, but as I went out into the world I did not always remain true to its teachings, but now have a Home for Divine Healing and we teach and practise the Truth as it applies to Diet, Hygiene &c. If we use flesh and walk after the appetites and lusts of the flesh we are living in the flesh life and cannot know much of the power and leading of the Spirit. As we rise in Spiritual Truth we lose our craving for meat; all its exciting and stimulating effects with the Diseases pertaining thereto pass away. "Behold all things become new." We have a new body (bottle) which alone can hold the "New Wine of the Kingdom."

The Lord wants these Temples pure, clean and healthy as His Habitation and he is life to us, and we need not to cause the death of any of His creation to help us to live the Christ life, which is a perfect life in every respect. I am nearly fifty and feel much younger and healthier than I did at thirty. I feel this new life filling my whole being and our patients find here a life they never knew be-

November.



fore. We have a real garden of Eden which produces twelve manners of fruits, besides milk and honey: so we live upon the "Fat of the Land" and have no desire to return to Egypt with its flesh-pots and live in bondage, but prefer to walk in the Light and be "a city set upon a hill which cannot be hid."—Dr. Beverly.

GOOD AS FAR AS IT GOES.

The Catholic Church is good for something. It forbids flesh-eating a few days in the year. I wish it would take more rapid strides towards its millennium. Why do they cling to the flesh pots of Egypt?—S. A. Ridgway.

TWO GOOD BOOKS.

I have recently received the pamphlet and book of Ellen Goodell Smith: "Our Educators" and "The Fat of the Land" both of which I presume you have seen. We think them both very fine and wish they could have a wide circulation. It seems to us that she strikes at the very root of the difficulty and shows so clearly the relation of a flesh diet to all vices.—Lydia A. Irons, Athol, Idaho.

HOW IS IT?

Show me a whiskey drinker, and I will show you a meat eater. Show me a beer drinker and I will show you a meat eater. Show me a glutton, and again I will point you to another meat eater. Show me a tobacco, opium, or morphine user, and I will show you a meat eater. Show me a Vegetarian and I will show you a man with more patience! more kindness of heart! and more love for everybody! than can be found in ordinary men and women.—T. S. Scoville, 10 E. Mt. Airy ave., Germantown, Philada.

COLLEGE OF OCCULT FORCES.

Our friend Wm. C. Ferris writes encouragingly of the college he has established in Chicago at 115 Paulina St. He says it is going to succeed; that he has already reached many and changed the course of their thought; that there is nothing visionary in his teaching; it is intensely practical. That he taught

private classes in Occult science in Battle Creek, Mich. in September. His days now are given to co-operative work and his evenings to the College where his pupils come. He says he is one of a number of devoted men and women who are intent on finding a better way of doing business than the present system affords and they have already found it, and every day brings them nearer to the realization of their plans: "That the Brotherhood of Humanity will soon be a blessed reality; and this wicked city of Chicago will put into operation the first scientific working model of the ideal thought."

It is a vulgar error to regard meat in any form as necessary to life. All that is necessary to the human body can be supplied by the vegetable kingdom.—Sir Hy. Thompson.

THE ADVANCE OF VEGETARIANISM.

The longer one lives the principles of Vegetarianism by diet, pure thinking, and humane feeling toward all living creatures, the more does one realize their value, as aids in the up-building of a true manhood and womanhood. Also in soul evolution from the easy, common-ways of living on a line of worldly pleasures and sensuality, which put off, and in many cases prevent to the close of this life, the attainment of that true man and womanhood that should be reached here.

The practice of these principles, even by the few initiated, is having a widespread influence in the world. Awakened minds do not find it a hard task to refrain from eating the flesh of dead animals, for there is more involved in it, and in a reform diet and its mental belongings than they had thought, it comes nearer the inner immortal self.

Satisfying a fancied appetite and satisfying the higher demands of soul-growth are quite different things as to their importance of realization, and there are but few, who seeing themselves in the light of the latter will not strive to make practical the lessons learned. Thus Vegetarianism must advance.—H. A. Bradbury, Norway, Maine.

Food, Home and Garden

Food, Home and Garden

PHILADELPHIA, NOV., 1897.

Vegetarian Society of America, Publishers,

All communications to be sent to 310 Chestnut St.

REV. HENRY S. CLUBE, Editor.

One Subscription, 50cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
twelve insertions 1 dollar.

A good complexion can only be obtained by pure food, pure air and pure water with abundant exercise to keep up the circulation.

The *What to Eat*, Minneapolis, publishes a humorous Vegetarian Tragedy, illustrated. It is continued so we cannot predicate on the result.

The *Vegetarian Messenger*, Manchester, England, for October abstracts from FOOD, HOME & GARDEN our sketch of Rev. A. T. de Learsy, D. D.

The *Delineator*, New York, for November publishes an excellent Menu for two Vegetarian Dinners with Breakfast & Supper, giving recipes in detail.

It is encouraging to find the press of this country accepting Vegetarianism so cordially. The attempt to ridicule it has died out and the philosophy of Vegetarianism is generally admitted even where it is not fully adopted.

The N. Y. *Times* publishes an interesting account of the achievements of the Vegetarian athletes in England and Germany taken from the London *Chronicle*. For athletic training it is found there is nothing equal to a Vegetarian diet.

The dried olives sent us by our friend O. N. Cadwell of Carpinterea, Cal., are very rich and nice. We think they would suit the gifted authoress of the "Fat of the Land" as they are rich in pure olive oil and leave a very pleasant taste in the mouth.

The Countess Wachtmeister, who visited Philadelphia Oct. 14th kindly favored us with

an hour's interview and her cabinet photo. We took short hand notes and hope to use them in preparing a sketch to accompany her portrait in our number for January, 1893.

Woman's Home Companion for October says "the canvas back duck probably outranks everything in the way of game." Is it because of its rank smell when ripe? Dead ripe game is rank poison any way and it is the poison that makes it so rich and delightful to the gourmand.

The newspapers report that since the trial in Chicago of a sausage-maker for wife-murder in which it was suspected, owing to a ring being found in the sausage mill, that the murdered woman had been made into sausages, the demand for sausages had ceased and the business ruined.

According to the *Woman's Home Companion*, American table Manners are not so open to criticism as formerly. We are glad to learn that Americans are improving in this respect but when a delicious Vegetarian soup is served we observe a second plate is sometimes asked for, but it is done in such a complimentary way that it becomes wholly excusable.

Our friend Hecker's reference to the Reindeer is timely as this animal proves that eating flesh is not essential even in an arctic region and that the common moss of that region will sustain one of the strongest animals in a most laborious occupation. The Klondike gold seekers make a great mistake in taking flesh food and salt provisions instead of fruits and farinaceous supplies. They will reap their reward in scurvy and rheumatism.

The Hall Cereal Co. of Dansville, N. Y. were so well pleased with the result of their advt. on cover of FOOD, HOME & GARDEN last month that they ordered it repeated this month. We believe that their customers are equally pleased with the nice family supply boxes of pure foods which they received from this enterprising and liberal Company. Give their products a good trial. The last page of

November,



cover for January, 1898, will be worth a good deal to advertisers as it will be an improvement on all previous issues and will have a very large circulation.

THE EMPIRE GLITTER.

We have tried the Empire Glitter advertised this month and find it excellent for cleaning and polishing metallic substances and is especially good for the plated portions of bicycles.

ITINERY PREACHING OF VEGETARIANISM.

Mr. T. M. Siddons whose Vegetarian experience covers the period since 1876, when in Africa, desires to engage in an itinery tour holding Vegetarian meetings in various parts of the country. His address is Box 61, Harrison, N. Y. Any vegetarian desirous of joining with him either as speaker or singer should communicate with him. We have put him into communication with our esteemed friend John Keidel of Berlin, Prussia, who was one of the most entertaining speakers at the World's Vegetarian Congress in 1893, in Chicago, and who now desires to return to this country and engage in delivering lectures on Vegetarianism, Hygiene &c. while traveling from N. Y. to California where he expects to permanently reside. Write him at Freidenau, Berlin, Prussia.

THE PHILADELPHIA VEGETARIAN S'Y.

At the monthly meeting held Oct. 15th, 1897, Rev. A. T. de Learsy presided. Rev. Henry S. Clubb opening with prayer and then in the absence of Miss Bettes acted as Secretary *pro tem*.

A letter from Josiah Oldfield, Sec. of the Veg. Fed. Union, London, to the President of the V. S. A. was read in response to the action of the P. V. S. at the July Meeting stating that the proceedings of the Veg. Congress would be published in book form in Dec. and will contain the record of the greetings sent from America. The letter also expressed the cordial appreciation thereof and fraternal regards and the statement: "We hope that you may find it possible to visit Europe before

long and I can assure you that you will receive a very hearty welcome from brother Vegetarians in England."

On motion of Rev. Henry S. Clubb,

Resolved That this Society hereby records its high appreciation of the eminent services to the Vegetarian cause rendered by A. F. Hills, Esq. D. L. President of the Vegetarian Federal Union and sincerely trust that he will long be spared to continue his labor and support and that he will see the triumph of those humane principles for which he has so ably contended.

After much discussion a resolution for the appointment of a committee to work up an interest in a Vegetarian Restaurant was adopted and the committee was appointed by the President.

Adjourned to meet in the parlor of the B. C. Church, Park Ave., Monday evening, Nov. 15.

THE NEXT VOLUME.

With this number we close volume 1 of the new series and in order to commence the second volume with the new year our next number will be for January, 1898—and will be issued early in December so as to be in time for the holiday season. We hope to effect several improvements in the new volume both in cover and interior. We are being kindly assisted in these improvements by our vegetarian friends Emil Hensler in Detroit and Geo. Brunswick in New York, engravers of eminence, and skill both in design and execution, so we anticipate that our new dress will meet the requirements of the time and enable FOOD, HOME & GARDEN to mingle with the monthlies on the news stands and hold its own in the race of competition. We ask our friends again to respond to these efforts by ordering the numbers for 1898 sent to their friends as a Christmas or New Years' present. Four friends can be thus reminded *monthly* of your generous regard for their welfare. *Forty-eight presents for one dollar!*

CORRECTION.—In our last number page 163, 2nd col. 7th line, for "Mrs. Chandler," read Mrs. Churchill.



Apple Blossom Society



BE FREE FROM GUILT OF SLAUGHTER.

O children turn ye from the barbarous meat
So filled with venom, vileness and disease !
And list to nature's call and ample treat :
When Plenty reigns yet surfeit cannot tease ;
The body and the mind more pure and sweet,
Will then shoot buds of beauty with more ease.—J. H.

THE MILL AND THE STILL.

I was made to be eaten, and not to be drank,
To be husked in a barn, not soaked in a tank,
I come as a blessing when run thro' the mill ;
As a blight and a curse when run thro' the still.
Make me up into loaves, and the children are fed ;
But into a drink I will starve them instead.
In Bread I'm a servant the eater shall rule ;
In Drink I'm the master, the drinker a fool.
—Selected from *Secrets of Success* by H. H. Dewees, by
R. Hecker.

A FOUR YEAR OLD APPLE BLOSSOM.

We have used no flesh-food in our family for more than a year and find our general health much improved. Our four year old boy who was never very hearty, seems to be doing better than ever before, on a straight Vegetarian diet. Wishing you success in your good work.—H. F. Comstock, 401 Sanford St., Peoria, Ills.

PLANTING APPLE TREES.

Mrs. Clubb wishes us to say to all the APPLE BLOSSOMS who live on a lot large enough: Plant an apple tree this fall, if possible, and watch its progress from year to year and when you are grown up or before, it will not only be full of "apple blossoms" but will bear nice fruit if you select the proper variety for your locality, and any apple grower will tell which kind that is.

PETTING HORSES.

When we go into a meadow where there are intelligent horses grazing they usually come up to us and delight to be petted. They seem to know that there is a sympathy between all vegetarians. If we have nice apples or pears of course we give them to these brother vegetarians of ours and they enjoy the fruit as much as we do. The *Farm Journal* relates a case of a man who won a prize for the best looking team by walking his horses instead of trotting them and they did as much work as if they had been trotted.—H. S. C.

CORA BLISS AN APPLE BLOSSOM.

Mrs. Cora A. Leonard-Bliss writing from San Diego, California: "My daughter Cora is such a firm Vegetarian she will argue like a philosopher with her playmates on the merits of Vegetarianism. She has been a Vegetarian since she was two year's old, (she is about seven now) and of course never ate but very little meat. She is a perfect picture of health. Every one comments on her healthy appearance. I have been told by a number of persons that myself and daughter were the best specimens of Vegetarianism they had ever known.

PRIVATE SCHOOL FOR GIRLS.

Eldress Anna White has commenced a boarding school at Mount Lebanon for girls from eight to twelve years of age. The prospectus stated that the aim is

"To make a perfect woman nobly planned
To bless, to comfort and command"

And that "the school being on a large farm, fruits, vegetables and dairy products in the best condition will form the diet." This is a capital opportunity for APPLE BLOSSOMS to get an education away from the odors of deceased animals and where all the influences are humane, pure and refining, in a most charming country in sight of Mt. Lebanon and other mountain views.

FROM THE EDITOR.

Dear APPLE BLOSSOMS:—Among other nice things that they had in the menu at Weller's Grove, Laporte, Ind., were corn fritters and nut salad. The latter was made with walnut meats, celery, potatoes, etc. It was so delicious that I called for a second dish of it.

I would like to hear from Alma A. Duncan, Piqua, O., who wrote such a sweet letter to *FOOD*, published in the Aug.-Sept. no. I hope she will stick to her resolution to be a Vegetarian. If she use Caramel Cereal Coffee, Mazama, Granola, Granose, Wheaten, Avenola, and other health foods, she will be plump, strong and well. May God bless her, and keep her faithful to her Vegetarian principles! —Walter S. Weller, 144 37th St., Chicago.



MENU FOR THANKSGIVING DINNER.

Potato Pie.	Vegetable Soup.	Baked Beans
Salsify croquettes.		Stewed Onions.
Nut Sandwiches.		Date Sandwiches.
Celery.	Olives.	Chow Chow.
Graham Bread.		Gluten Bread.
	Caramel Cereal Coffee.	
	DESSERT.	
Plum Pudding.		Sauce.
Chocolate Ice Cream.		Orange Ice.
	Spring Water.	

RECIPES.

From Mrs. H. S. Clubb.

Graham Bread.—Take 3 lbs. fresh Graham flour, 1 yeast cake, 1 tablespoon sugar, 1 teaspoon salt and sufficient luke warm water and white flour to form a stiff batter. Set to raise and when light knead the whole adding a little white flour to prevent it sticking to the hands. Raise again and when light, knead into loaves and raise again. When light, place in the oven and bake one hour. If accustomed to baking white bread you can take a pt. of white sponge and add Graham flour to it and make brown bread by following above recipe. It is not well to stir up Graham batter at night as it may sour.

From J. Freeman, Santa Catalina Island, Avalon, Cal.

Boston Steamed Brown Bread.—(Corrected from May no. of FOOD.) 1½ coffee cup each of corn, rye and Graham meal, 1 teaspoon salt, 1½ teaspoon soda. Sift or mix together. Put in 2 cups New Orleans molasses, 2 cups sweet milk. Beat together and pour into a tin form. Place in a kettle of cold water. Steam 4 hours.

A Nice Lunch for a Day's Tramp.—Boston Steamed Brown Bread buttered. Soak apricots or prunes over night, drain, sprinkle sugar over them. Spread on bread they are delicious.

Date Sandwiches.—Cut thin slices of bread. Butter lightly. Spread with dates chopped fine. Form the Sandwiches, trim off the crusts.

Date & Apple Sauce.—2 cupfuls of prepared dates in a pint of apple sauce. The dates will serve to sweeten the apples, unless the apples are exceedingly tart no sugar will be needed.

Date Bread.—Knead a cupful of prepared dates into each loaf of risen bread just before putting it into the pan to rise the last time. A cup of raisins, a cup of chopped figs, or currants may be used in the same way.

HEALTHY ON FRUIT & BREAD.

I expected to die fifteen years ago with stomach, liver, kidney catarrhal troubles. But now at the age of 64 am better in health than at 50. I nearly live on fruit and prefer it raw, with good wholesome bread: Graham or whole wheat. I buy a loaf of coarse bread and with any kind of fruit have several meals for half the price of one meal with meat and coffee and four times as good.—A. Beller, 447 Ining ave., San Diego, Cal. Oct. 6, 1897.

SOUP OF FRUITS.

Fruit soups, says Miss Anna Barrows, are appetising and healthful, and common in foreign countries, particularly Sweden. For one of these soups take 1 tablespoon of raisins, 2 tablespoons of raw rice, 3 whole cloves and a cup of dried apricots, the apricots being thoroughly soaked. Cook all together in 3 pints of water for an hour and rub through a sieve. Add half a teaspoon of salt and a tablespoon of sugar. The seasoning depends largely upon the acidity of the fruit, apples requiring more sugar than apricots.—*New York Times*.



PREPARING CABBAGE FOR COLD SLAW.

When using cabbage for cold slaw, cut it into ribbons an hour or more before it is to be used and let it stand in ice water until the last moment; then drain it upon a soft cloth to remove the water and pour a French dressing over it. If once tried thus it will always be treated in this manner.

SEELEY'S RYENA.

This is a new cereal food prepared from Rye. It was brought to our notice by Mr. Baldozer. It is manufactured in Amy, Michigan by Seeley and Son, (who also make an excellent whole wheat flour.) It is sold in 10 ct. packages and is worthy a trial especially by convalescents and nursing mothers.



EGYPTIAN LENTILS.

Largely used in Oriental countries and is one of their principal articles of diet. It was from these that the dish of pottage was made and for which Esau sold his birthright to Jacob in Bible times, and many will be interested in them for that reason. They are in growth similar to peas and may be used in any way that you would use shelled beans, and they also make an

excellent soup. Sow and cultivate same as garden peas and thresh out in the fall. All should try them.

Our friend Theo. Koss, Seedsman, Milwaukee, who gives this information, supplies choice acclimated seed. Write him.

TAKE SUN BATHS.

Where the sun does not go, there goes the doctor. All sorts of diseases, from consumption down, are mitigated or cured by sunlight and pure air. Watch for the sun, for life and health dwell in the sun's beams; and when it is shining, open every window in the house until it goes down again. There is every reason to believe that the germs of such diseases as scarlet fever, diphtheria, typhoid fever and other such deadly enemies, are entirely destroyed by strong sunlight. Not only, however, has the sun the power of making germs die, but it is equally endowed with the

potency of making men live. Let every man and woman make sure that not only themselves, but also their children and their servants, shall have the fullest opportunities of taking in unlimited quantities of the inexpensive life-giving sunshine.—*The Hospital.*

HOW I GOT CONTROL OF MY APPETITE.

I quit eating meat, drinking and smoking, all at the same time, short off. Went through three different fasts, the first one thirty-six hours, the next sixty hours, the last one twelve days. I lost twenty pounds in twelve days, drank two gallons of distilled water, walked seven or eight miles each day and broke the fast by eating one-half pint of parched horse corn. After five days you lose your appetite. I went through the three fasts inside of six months. I weighed each day after the second day and lost about three-quarters of a pound each day. I have no regular hours to eat. I eat whenever I am hungry and according to my appetite. If I work hard I need more food, therefore eat more.—J. H. Freeman, Catalina Island, Cal.

NUTS, GRAINS & FRUIT.

I advocate living on nuts, fresh uncooked fruits and mainly on unground, uncooked wheat. Destroying life-germs of food, other than by our own act of thoroughly masticating it for assimilation in our own bodies, seems to me to be wrong if we desire the highest life giving, pure food standard. The sides of the highways of our country, owned by the whole people, should be planted with food, trees, shrubs and bushes, wheat, etc: city parks and boulevards should also be so utilized to form a paradise and furnish food (pure) for every one in abundance. Labor would then be free to build better houses, earn better clothing and gain higher education. I expect to make a journey entirely around the world living on the whole unground, uncooked wheat and pure water alone.—H. Alden Spencer, 50 E. 9th St., New York.



THE GARDEN

SEEDLING PEACH TREES.

Good peach pits may be planted and grow to be good bearers by a little pruning, allowing only one trunk to about 2 or 3 ft. high, above which the stoutest branches should be left, and if spreading too widely they should be headed in. Otherwise the weight of fruit will break them down. If a prop is necessary never tie up branches with wire, it cuts into the limb, and destroys it. Use rope, or better a prop from below.—Alfred H. Howe, 149th St. Trinity ave, N. Y. City.

KEEPING THE GOOSE.

William H. Barnes, acting secretary of the Kansas State Horticultural Society, addressed a recent fair. He said that the people of Anderson Court individually ate 15,000,000 meals per annum, and that with only one cent's worth of fruit and vegetables per meal, they ate \$150,000 worth of horticultural products per year, which equalled the returns from 400 loads of cattle, showing that the horticultural interests were greater, as less than 400 loads of cattle are shipped from here per year. In horticulture one keeps "the goose that lays the golden egg," as the orchard and the berry bushes are not included in the sale but are kept for more fruit.—*Fruitman's Guide.*

VEGETABLES IN ALASKA.

RUDOLPH HECKER.

Excerpting from an official report, (Handbook No. 84, August 1897) I offer the following: Whether it be due to the climate changing through the clearing of many acres of forest, or to improved methods I cannot say, but for several years past excellent vegetables such as potatoes, cabbages &c. have been grown yearly in the neighborhood of Sitka and Wrangel. Near Sitka there are

many plots under cultivation. I have seen 2 seasons in succession lettuce of several varieties, cabbages a yard accross before they began to head and 8 to 10 inches in diameter headed, cauliflower weighing from 10 to 15 pounds; early rose and peachblow potatoes ranging from 3 to 30 ounces each, and each hill yielding over half a bucket full; turnips of very large size, and cress, radishes &c. in profusion; green peas of excellent quality, and beds bordered by gooseberries and currant bushes, producing loads of fruit. My lettuce bed kept me supplied from June to September.

FRUIT IN SANTA BARBARA.

O. N. CADWELL.

We now have many kinds of fruit: such as apples, pears, plums, berries, peaches, lemons oranges, grapes in varieties, guavas, figs, persimmons etc.

We can have some varieties of fresh ripe fruit on our table every day of the year.

Fruit is the largest part of my food. Nuts and melons are plenty, so you see we have very little fear of a famine. Just for myself there would be no animals kept on our farm to furnish meat, milk, butter or eggs, as I can get along nicely without any of them. Animals require much work and care for the amount of real food they furnish.

The markets are now looking nice, with such a display of the many varieties of fruits! If you could step into our orchard and garden we could give you such a feast as you never had!

DRIED OLIVES.

I have been pressing our dried olives, will have some 15 to 20 gallons of pure olive oil. Will send you per mail a few dried olives, so you can see how the pure oil tastes. By

Food, Home and Garden

pressing an olive between the thumb and finger you can obtain a drop of sweet oil from the bitter fruit. In some parts of Europe many dried olives are used for food. Some are used in Cal. Have sold 100 pounds to S. W. Manning who lives mostly on fruits, nuts, vegetables etc. I like them, as by tasting of them now and then, the flavor becomes very pleasant.

ALASKA'S SOIL.

RUDOLPH HECKER.

Excerpted from the official hand book No. 84 August, 1897. As to the character of the country in the Youkon region (now so often mentioned) Mr. DALL, says it varies from rolling ground and somewhat rocky hills to broad and marshy plains extending for miles on either side of the river. The underlying rocks in great part are Asoic (without organic life), being conglomerate, syenite and quartzite. The southshore of Norton Sound and portions of the Kadiak Peninsula are basalt and lava. On the N. E. shore of Norton Sound sandstone and clay beds containing lignite abound; the former also does so on the Yukon, alternating with the Azoic rocks. The superincumbent soil varies in different places, being clayey in some localities, and in such situations it is frequently covered with sphagnum (moss) which always impoverishes the soil immediately beneath it. In others it is light and sandy, and over a large extent of country it is the richest alluvial, composed of very fine sand, mud and vegetable matter brought down by the river, and forming deposits of infinite depth. The soil is usually frozen at a depth of 3 or 4 feet in ordinary situations. In colder ones it remains icy within 18 inches of the surface. This layer of frozen soil is 6 or 8 feet thick. Below that depth the soil is destitute of ice, except in very unusual situations. The turnip flourishes wherever the potatoe thrives. But cereal crops cannot be grown in Alaska, nor can the fruit trees of the United States be cultivated successfully. Exceptionally, as above stated, gooseberries and currants do well; but, generally the

strawberry and cranberry only can be relied upon. Fields spread out, squared up and plowed do not obtain.

THE JAPAN CHESTNUT.

The Japan Chestnut is proving to be among the best of importations from Japan, being the largest and finest Chestnut that grows anywhere, weighing from one ounce to one and one fourth ounces each and four to six inches in circumference. The variety of uses for food, recommends them highly, for use in this country, as they are grown at small cost, bearing when two and three years of age. They bring higher prices in the Northern markets than any others, selling for early shipments at \$10.00 to \$15.00 and rarely less than \$6.00 per bushel.

Pecans and Chestnuts are in greater demand than any other and our well worthy of universal cultivation.—HERRBERT POST, Fort Worth, Texas.

MR. PARRY, of Parry, N. J. had a very fine show of Japanese and other Chestnuts at the State Fair at Trenton N. J. this year.

COVER THE BULB BED.

Be sure to give the spring blooming bulbs a nice warm winter blanket of leaves, litter from the stable, or brush, or a combination of all, and do not be in a hurry in spring to get them out of their winter clothes. Don't rush out the first warm day and clear away all the brush and litter just because it is unsightly looking. The crocus and snowdrop will not need so warm a covering as the other bulbs and can be uncovered earlier in the spring. But from the tulip, hyacinths, etc., gradually remove the covering, leaving the finest of the stable litter on the beds permanently.—*Vicks Magazine*.

FRAGRANT-LEAVED PLANTS.

Grow fragrant leaved plants in your garden. Slips of roses geraniums, planted out in good rich garden soil soon make plants from which you can take branches and not miss them. Lemon verbenas is an old-time favorite, with fragrant foilage.—*Vicks Magazine*.

Food, Home and Garden



Yours Cordially
Hats Buffington Davis

MRS. DAVIS the joint editor with Countess Wachtmeister of the most recent work on Vegetarian Cookery entitled the *Practical Vegetarian Cook Book*, has been well known for the past ten years as a magazine writer and Journalist. She edited *The Housekeeper*, a family paper of twenty-four pages, for nearly two years.

Born in 1856 in Morris, Ills., her father the Hon. Henry Chalfont Buffington, was a Journalist 40 years, served six years in the U. S. Consular service in Canada and is now living with his daughter in Minneapolis, at the age of 81.

Excessive literary labors at editing, impaired Mrs. Davis's health and she sought restoration by a trip to Europe and while in England attended a summer course of lectures at Oxford. Adopting a Vegetarian diet her health improved and she is now able to perform a large amount of desk labor enduring it several more hours a day than

was possible while a flesh eater.

Her magazine work includes stories and essays and some of her productions have appeared in *The Arena*, Boston, as well as in Western publications.

Mrs. Davis has a good faculty for interesting people in philosophic thought both through the press and on the platform. She labors in behalf of better laws in regard to child labor; educational reform; free kindergartens as well as Theosophic and Vegetarian propaganda. For years she has been conducting classes in the study of Theosophic literature in her own house, not on a money basis, all of her work of this character being free will offerings to higher education. Her husband, Mr. F. W. Davis is in perfect sympathy with her in these matters. At her house she has entertained many distinguished guests including the Countess of Wachtmeister, Annie Besant, Huntin Garland *et al.*

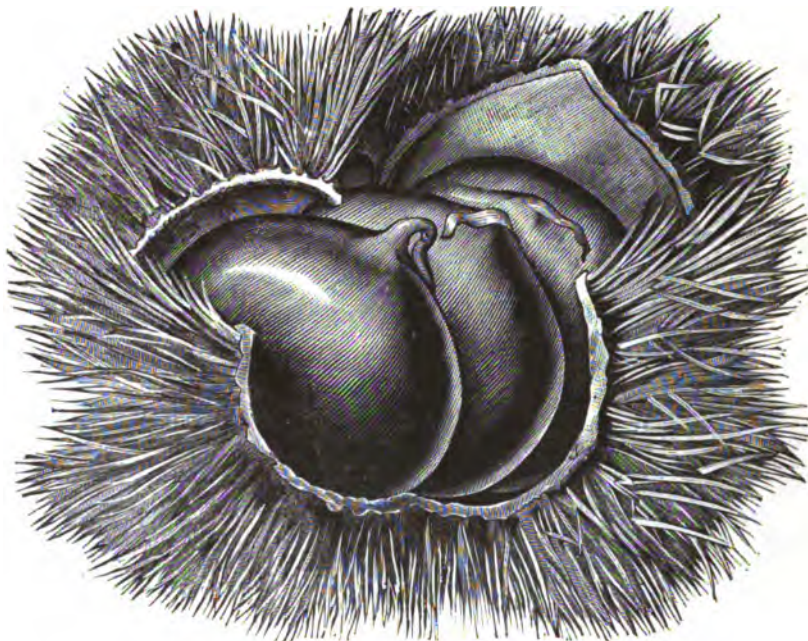
Mr. & Mrs. Davis are blessed with a charming daughter, a brilliant girl of sixteen and their home is a social center for cultured and liberal thinkers.

Countess Wachtmeister, when in Philadelphia recently, gave us a very interesting account of the Vegetarian friends in Minneapolis among whom Mrs. Davis occupies a prominent social and literary position. Their last Vegetarian Banquet was a complete success and did much to draw public attention to Vegetarianism through the reports in the newspapers.

The Countess also informed us that the *Practical Vegetarian Cook Book* is meeting with deserved success in this country and in Europe.

Food, Home and Garden

JAPAN CHESTNUT.



(See Page 190.)

END VOL. I NEW SERIES.



COUNTESS WACHTMEISTER.

FOOD, HOME AND GARDEN.

VOL. II, NEW SERIES, No. 13.

JANUARY, 1898.

WHOLE NUMBER 86.

THE COUNTESS WACHTMEISTER.

DURING a pleasant interview with Countess Wachtmeister in Philadelphia, Oct. 14th, 1897, we learned that she has been a Vegetarian nineteen years. That she commenced the practice while living in her native country, Sweden. She supposed she was the first Vegetarian of her family. That her relatives were horrified at the idea of attempting to live on food that contained no animal substance in it, and predicted that when she became ill she would have no stamina, no vital force with which she could recover her health. She replied to such remarks by saying that her being a Vegetarian would prevent her getting ill, and that has been the case. That for six months of this time she lived solely on fruit, nuts and whole-meal bread, but in traveling she found it not always convenient to do this and so she has taken again to common Vegetarian fare.

One difficulty in living on fruit was the fact that nearly all fruit obtainable is now bad. Peaches have worms in them and apples are subject to the codling moth; walnuts have maggots and she found it exceedingly difficult to get fruit and nuts that are perfectly pure. She had purchased a beautiful basket of peaches in Cleveland and every peach had two or three worms inside.

We inquired whether she thought that the use of animal fertilizers had been the chief cause of this deterioration of the fruit trees and consequent prevalence of injurious insects?

The Countess promptly replied she was sure of it. She regarded this as a very serious question for Vegetarians.

We told her we had for some time been urging the use of mineral and vegetable fertilizers as preferable to those of animal origin.

The Countess replied that she believed the purest fertilizer to be obtained was seaweed. She had seen it applied and was astounded to see what wonderful crops were the result. That the sowing of clover and plowing it into the ground was a beautiful system of horticulture.

The Countess has traveled all around the world in the interest of Theosophy and Vegetarianism and has delivered many addresses both in America and other countries. She believes she has converted hundreds to Vegetarianism. When she addressed the Chicago Vegetarian Society the hall was unable to hold the people who desired to hear her and many were obliged to go away without gaining admission. There were, she said, at least five physicians in Chicago who will not take a patient that persists in eating flesh meat. And these are regular practitioners.

Traveling in Australia she met Mrs. Hunt at Melbourne who has written a book on Vegetarianism.

When in Minneapolis, Minn., she met a number of Vegetarians who desired to organize a good powerful society. She advised them to order a Vegetarian Dinner at the best restaurant in the city. They did

FOOD HOME AND GARDEN

so but when the guests were assembled the dinner was uneatable! The newspapers ridiculed the dinner so much that the Restaurant people offered to get up a second dinner which should be free to all who had bought tickets for the first. This proved a grand success and the affair did more to advertise Vegetarianism than if it had been a passibly good dinner at first. About eighty persons partook of the second dinner and all were delighted.

The Countess also stated that the Theosophic Society did not require its members to be Vegetarians and they all do as they please. The Society is composed of persons of every religion in the world, and therefore they live in perfect freedom of thought and action everywhere, but theosophic teachers tell their disciples that if they would make progress they should become Vegetarians. That Annie Besant is a Vegetarian and sets a Vegetarian table at the Theosophic headquarters.

The Countess said most of her converts were persons outside of the Theosophic Society. She found the force of her example had more weight than anything she could say: "People look to the life and according to the life they judge whether what she said was true or not."

In conclusion the Countess said she was going next day to New York and after holding meetings there, would proceed to Boston where she was engaged to lecture on Vegetarianism Nov. 3, before the Copeia Club, and would return to Philadelphia in December when she would be happy to address the Vegetarian Society.

TUBERCULOSIS.

Fifteen cattle, worth \$600, were killed on the County Farm, at Schuylkill Haven, because they had tuberculosis.—*Phila. Record*.

EDIBLE TOADSTOOLS.

In "Our Edible Toadstools and Mushrooms and How to Distinguish Them" (by W. Hamilton Gebun, Harper & Bro., New York, 1895,) the author writes:

"The fungus affords a perfect substitute, chemically and gastronomically, for animal food. The analysis of its substance is almost identical with that of meat, being especially rich in nitrogenous elements, while its flavor and aroma and texture, as served for the table, occasionally so closely imitate those of flesh food as to be actually deceptive. Even in its raw state it would occasionally seem to suggest the same animal similarity. As an illustration I recall the following striking instance of gastronomic discrimination in a carnivorous appetite as exemplified in a full-grown pet hawk which I had tethered near my country studio.

"One day, returning from a toad stool hunt, she observed me approaching with a basketful of mushrooms. They were mostly of the fleshy *Boleti* species. Supposing that I was bringing her food, she became very demonstrative in her actions, eying me most eagerly, and uttering that peculiar sound which seemed to emanate from the region of her appetite. As she approached me, thinking to satisfy her that the basket contained nothing suitable for hawk-food, I tossed her one of the largest of the mushrooms, which she almost caught in mid-air in her talons. Such was the strength of her clutch that the fungus was scattered in fragments upon the ground, when what was my surprise to observe the bird proceed from one fragment to another in a most ravenous manner, exhibiting all those tactics habitual to the hawk with live prey.

"The *Agaricus ostreatus* is known as the vegetable oyster, its flavor in a stew quite closely simulating the flavor of the bivalve;

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another fungus as the 'beefsteak mushroom,' not without good reason; the *Polyporus sulphureus* distinctly suggests the flesh and flavor of chicken; others, as we have seen, resemble kidneys and sweetbread; while the *Agaricus ulmarinus* of the elm would seem entitled to its popular name of 'fish-mushroom.'

"Indeed the Vegetarian may humor his humane whim and still enjoy fish, flesh and fowl at his table without a qualm of conscience in a menu which, in aroma, quality and flavor, might well deceive his unconverted omniverous brother, only at last to win his encomium to the glory of the *multum in parvo* fungus. The possibilities in this direction are suggested in my appended hints for a menu for the Vegetarian.

"Bibliography (recommended by Gibson.) Mushrooms of America. Edible and Poisonous, Edited by Julius A. Palmer, Jr. Numerous colored plates. Published by L. Prang & Co., Boston, 1885. 'About Mushrooms' a guide to the study of Esculent & Poisonous Fungi. A collection of various articles upon the subject. By Julius A. Palmer Lee & Shepard, Boston 1894. 'Notes for Mushroom Eaters' by W. G. Farlow, pamphlet illustrated, pub. by Garden & Forest Pub. Co., New York.—M. L. M.

VEGETARIANS CO-OPERATING.

Mr. C. F. Silliman, the owner of a nice farm in Vineland, writes he has not quite formulated plans for co-operating at Vineland yet, but is trying to do so. "My idea would be" writes Mr. Silliman, "to have as few laws as possible, and to make the first requisite for each one to produce what he or she would consume or pay in its equivalent: then no unequal load would fall on any one and justice would reign in so far as that goes. Next to practise the Golden Rule and not expect or require of an-

other what we ourselves would not be willing to do; to practise and seek harmony for this is the *strength and support of all institutions*; to establish a Brotherhood and Sisterhood of interests on all planes, and as fast as we could accumulate means or support enough, take in children and educate them in the higher life. This is very briefly the idea and we have enough ready to make a start and will likely do so in the Spring, should we formulate any plans, may submit them to you later on."

THE VEGETARIAN HEALTH HOME.

Dr. Beverly writing from the Health Home, Urbana, Ill. says the engraving we published on page 177 of the Nov. no.: 'illustrates our missionary and S. S. work in connection with the Health Home. Our workers canvass the needy places and bring in the halt and lame and blind for healing and teaching and all the little ones for teaching in Gospel facts, in connection with Hygiene, Health &c. This work is supported by free-will offerings. All Vegetarians are invited to call or come and help us."

A GOOD PLACE TO COLONIZE.

Mr. Jno. C. Roe, Woodcliff, N. J. writes: "I think Woodcliff would be a good place for Vegetarians to colonize. In fact any place would be suitable for such a purpose where cereals, vegetables, fruits and nuts can be grown, and located near good markets, provided sufficient capital was invested."—Yes the suburbs of cities are the best places for this purpose as home markets are the best. We have more Vegetarians in the Frankford suburb of Philada. than any other location we know of. There are vacant lots near by where fruit and vegetables could be grown and carried fresh daily into the city, by trolley cars. The Pingree plan should be tried here.

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"THE LORD'S FARM."

BY CHAUNCY ROE.

Woodcliff is a small village containing one general store, one blacksmith, and a dozen families, on the New Jersey and New York R. R., 22 miles from Jersey City. The Farm is located $1\frac{1}{8}$ miles west of the station; has a house a little larger than the ordinary farm house, and out-buildings to correspond. The first thing that attracts the attention of a stranger is the long hair and beard of four men: Mnason, Titus, John and Charles; all surnames are discarded. Instead of the usual salutation, "How do you do" they say "Praise the Lord." When departing instead of "Good-bye" they say "Farewell."

In conversation, thee, thou, thy, and thine, are used. The religion of these peculiar people is to follow the example of Christ and the apostles as far as possible, holding all things in common, and abandoning all forms and ceremonies; having no prayers or meetings; dressing plain, but neat, with no ornaments on their persons, and no pictures on the walls. They do not believe in keeping any holidays such as Sunday, 4th of July, Christmas, etc., but that days of rest should be taken only as needed and not set apart by the Church and State. The originators of the Farm are 3 men (Mnason, Titus and John) and 2 women (Phebe and Blaudina). They formerly belonged to the Methodist and Lutheran churches but withdrew from them about 8 years ago to live this life of celibacy and self-denial from worldly pleasures. They do not believe in taking medicines or employing doctors, saying the Lord will give the remedy should sickness come.

There are 5 other men and 1 woman on the Farm at the present time, making twelve in all, most of whom come here because they have no where else to go, live

the life of self-denial reluctantly, and leave at the first opportunity. The Farm proper consists of 18 acres, but they work parts of other farms in the neighborhood on shares.

WHY THEOSOPHISTS DO NOT KILL.

It gives me great pleasure to send you names of readers all of whom are Theosophists, and we believe that a study of Theosophy shows clearly the duty of non-killing and develops that sense of non-separateness which carries with it a deep sympathy and love for everything that lives. "Man and His bodies" by Mrs. Besant shows clearly and scientifically why we should purify the body and is a strong plea for Vegetarianism. All Vegetarians will find it very helpful, as also "The Perfect Way in Diet" by Mrs. Kingsford. We wish you God speed in the noble work your paper is doing for humanity.—Mrs. Harriet C. Stein, Seattle, Wash.

LIVING FOREVER.

I do not believe in medicine. I am healed forever and going to live forever. See John 8: 51; Deut. 7: 15; Exodus 15: 26. I know it is good for us to live by all His word and way and will.—Mrs. Catherine Overlin, 575 E. 18th St., Portland, Oregon.—The texts referred to by Mrs. Overlin promise life eternal and freedom from sickness to those who will obey the divine law. Mrs. Overlin has concluded to obey and so she intends to live forever. Inasmuch as this perfect obedience has never been thoroughly tested we are glad Mrs. Overlin has concluded to try it. Our friend Dr. Neff had this same view but her time came and she left for the spirit land and still lives there we believe.

I have read F., H. & G. with much interest and been a Vegetarian three years, I feel just as healthy and strong as ever.—Erdman J. Schild, Detroit, Mich.

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PERFECTLY HEALTHY.

There is hardly a person I meet, that has not some ailment: what is the cause? I am a perfectly healthy woman; have not touched meat, eggs, tea or coffee for six years; few women have the endurance that I have, I never take cold I can sit in a draft and enjoy it. Now what makes the difference?

This morning I moved a pile of stove-wood. There were a motherly hen and her ten chickens at my feet and as the wood had been there some time, there were thousands of bugs, worms, spiders and the hen and chickens caught up every one and did not wait to chew them but down they went kicking and squirming. I believe the flesh of the chickens and hens are made from what they eat: one of those bugs if cooked would make us sick, don't you think that taking those bugs and worms as meat is a little more gentle way of making us sick? The eggs are also made I believe from what the hen eats; do these bugs appear there? If not, where? Something is making us sick.

Who was it that found fault with the manna, so the Lord gave them quails until they became diseased? Why should they become diseased from eating quail if there was not a hidden poison in the quail? We have lots of them here and I watch how they eat. Take the grass, it has all manner of bugs and worms, some very poisonous, I do not see the cow make nice discriminations as she gathers it in. Does the poison pass through, or is it folded away? Does it not show up in the flesh later on and give this army of Drs. a chance to earn their living? Or does it show up in the milk? Somewhere disease is getting in its work. This way looks like a broad avenue. I am not a teacher in this only a suggester. What thought opens up to you?—Mrs. C. C. Stafford, Etowanda, Cal.—Will those who

indulge in these things please answer Mrs. Stafford?

MARTHA J. ANDERSON.

The morning, of Nov. 18, 1897, Sister Martha J. Anderson passed beyond our sight and touch, but never beyond our deepest, highest love. She has been in failing health for some time, a nervous trouble which at one time threatened blindness. When our friends go over the Border Land so near, and yet in health and strength seeming so far, their faults are forgotten and their virtues heightened; the very faults of our dear sister leaned to virtue's side, being unjust to herself in her unselfish care for all others. Her sweetness and utter forgetfulness of self made her life among us from 11 to 54 years of age, like the golden path thrown by the setting sun, all brightness and beauty, in whose light others might walk and ever grow better and stronger. Funeral services were held at North Family, Sabbath day at half past one o'clock to which her friends were invited.—Anna White, North Family, Mt. Lebanon.

The loss of Martha J. Anderson is a severe one to our cause as she was a most devoted friend and valued contributor. Her little book giving account of the Shaker Cookery with recipes is a very useful addition to the literature of Vegetarian Cookery. The influence of her sweet womanly nature will long be felt wherever it is known.

STEMMING THE TIDE OF CRIME.

We Vegetarians claim that a pure diet of fruit and grain will, other things being equal, keep the body in perfect health and strength; that it would be instrumental in stemming the tide of crime, disease and misery existent in the present day, and that under its beneficent sway the curse of drink would cease.—Harry Cocking's lecture before the Woman's Veg. Union, London.

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VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications for the Editor to be
addressed to 1023 Foulkrod St.,
Station F, Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
12 insertions \$1.00. For 12 lines 1 insertion \$1.00.
For 12 insertions \$10. Per page, inside, \$15, outside,
\$25.

The new headlines on every page have been engraved and presented to the V. S. A. by Emil Hensler of Detroit. How do you like them?

We appear in clear new type this month which we hope will be appreciated by our subscribers and induce them all to send us new subscriptions.

Mr. John S. Crow, 906 Packard St., Ann Arbor, Michigan, desires to organize a Vegetarian Society or club. Our readers there will please communicate with him.

We regret that valued articles from the pens of Rev. Wm. P. Alcott, Dr. Stair, Rev. J. M. Allen and other contributors did not reach us in time for this no. but will appear in future issues.

Attention is called to the premiums or holiday presents offered in our advertising pages for new subscriptions. We desire to compensate all who render service to us in building up this publication.

Mrs. Mc George sends us an account of a lady friend of hers who is a prominent authoress who for years had to spend her winters in Florida and get off her carriage and come down stairs backward and suffered intensely from rheumatism whom she

advised to abstain from beef. She did so and has been free from pain ever since, now nearly a year.

Those who are so situated that they cannot avail themselves of the Vegetarian Society Mill should try the excellent Wheatmeal supplied by Samuel A. Fowle, Arlington, Mass. See advt.

The *New Race*, a beautiful Magazine published in Chicago, devotes much attention to dietetic subjects and favors Vegetarian diet. Dr. Alice B. Stockham contributes valuable recipes for nut food dainties which we will give in our next. Nut food is coming rapidly into favor.

The U. S. Agency Company of Baltimore, M'd has filed with us abundant testimonials as to the high standing and character of its Managers and also a map showing the property in Klondike region owned by the companies for which this Agency is acting. The advertisement of this Company, elsewhere, will inform those who desire further information where to obtain it.

The new engraving on 1st page of cover was designed and engraved by our good friend George Brunswick, New York, and is his free contribution to the V. S. A. How do you like it? We regard it as an example of artistic designing and workmanship that does even George Brunswick great credit, while the liberal spirit manifested in the gift is an evidence of his love for the cause, of which he is an excellent example.

CANNED HORSE BEEF.

It has been developed in evidence before a London Criminal Court that sick omnibus horses are shipped from London to Antwerp where they are converted into excellent "canned beef" and retailed through-

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out Europe in sealed boxes with American labels. This it is feared will injure the American trade in the manufactured canned beef of Chicago and the complaint has reached Washington through official channels. Our consul reports that about 26,000 horses are annually used for this purpose.

HOLIDAY GIFTS.

Friends making Holiday presents should remember that nothing is more appropriate than the beautiful Illuminated Bible that we advertise at half rock bottom prices. The encyclopedia that we propose to give for 8 subscriptions of 25 cts. each would form a useful present also, suitable for both young or old friends. This with 8 subscriptions form gifts for 9 persons at a cost of \$2.00!

PROGRESS IN CHICAGO.

Vegetarianism is about to demonstrate its vitality in Chicago by extending its organization to cover new fields. A meeting was held in the Auditorium Annex on Tuesday Dec. 7th and definite shape given to plans already formed for future work. The West Side Vegetarian Society had a very interesting meeting last month. William Canby Ferris spoke on "The Testimony of Eminent Men of Past Ages Concerning a Natural Diet."

PHILADELPHIA VEG. SOCIETY.

The November meeting took place on the 15th. The weather was unpleasant but there was a pleasant meeting. Rev. A. T. de Learsy in the chair. Rev. H. S. Clubb addressed the meeting on the subject of Vegetarian colonization. He said that a constant effort should be made to bring Vegetarians together especially in the suburbs of cities. That all who had a room to spare should inform him so that Vegetarians desiring to come to the city could be accom-

modated with Vegetarian families. Mr. Silliman's colony at Vineland was referred to but as Mr. S. was not present it was not fully explained. [See Mr. S.'s article page 5] Some discussion followed. The expected visit of Countess Wachtmeister was referred to and a reception committee appointed.

BEEF-TEA AS POISON.

The *Public Ledger* of Nov. 5th calls attention to this statement in *Modern Medicine* for Aug. regarding Beef-tea: "The only portion of the flesh of an animal which is possessed of real nutritive value is that part which has been active and alive before death. These living structures are not soluble; if they were an animal which happened to fall into the water would dissolve like a lump of sugar. After death this small amount of soluble food material is rapidly converted into excrementitious matter; and as the skin, kidneys and lungs cease their action these poisonous substances rapidly accumulate within the body, the molecular or cells of the body continuing some hours after death. It thus appears that "beef-tea," as a French physician recently remarked, is a veritable solution of poisons. The only portion of flesh which has any nutritive value is that which is thrown away in making the beef-tea or extract. The popular faith in beef-tea as a concentrated nourishment has however become so thoroughly fixed and rooted that sometime will be required to rid the world of this erroneous idea; but it is highly important that information upon the subject should be disseminated as rapidly and widely as possible, for there is no doubt that many lives are annually sacrificed by faith in the superior nutrient value of meat juices."—We are glad the conscientious press of the country is giving publicity to these facts.

HOME DEPARTMENT

GIVING THANKS.

WHAT A VEGETARIAN FAMILY GAVE THANKS FOR ON LAST THANKSGIVING DAY: BY G. G. HEID, ST. LOUIS, MO. AND ALSO READ AT A VEGETARIAN DINNER IN FRANKFORD, PHILA. NOV. 25th, 1897.

We thank Thee, kind Father of mercy and love,
For the gifts which Thy bounty bestows,
For sending us plenty, yea! more than enough!
As this table before us well shows.

We thank Thee, kind Father, for fruits nice and sweet,
Such as oranges, apples and grapes,
Pears, figs and bananas, which tempt us to eat,
By their beautiful colors and shapes.

We thank Thee, kind Father, that Thou hast bestowed
These great blessings which gladden our sight;
This table, here, bearing its luscious load,
Which is filling our minds with delight.

We thank Thee, kind Father, that all we here find,
Is procured from the orchard and field;
These savoury dishes of every kind
Many gardens abundantly yield.

We thank Thee, kind Father, that this to prepare,
Not a drop of blood had to be spilled;
No beasts of the field, fish, nor birds of the air,
Not an animal had to be killed.

We thank Thee thus, Father, for 'tis our belief,
That thou wilt not be pleased if we bring
Thee thanks on this day, if we cause pain or grief,
Or we put to death one conscious thing.

We thank Thee for health, which we daily enjoy,
Since we're living on nuts, fruit and grain;
For happiness, since we this method employ,
For we feel it has brought us great gain.

We thank Thee, kind Father, for giving us strength
Without living on animal food;
And that we have found true contentment at length,
And rejoice in a satisfied mood.

We thank Thee, and hope Thou wilt lead many more
To dispense with subsisting on meat,
To find what great blessings this life has in store
For those who take care what they eat.

FIBERLESS COCOANUT.

A very palatable preparation from cocoa-nut. It comes in tins at moderate cost. It is adapted for the table as a fruit or nut butter and is also used in ice cream, layer cake, meringue pie, custard, icing &c. It is said to contain all the nutriment and flavor of the cocoanut without the fiber and is digestible. It was patented in 1892, but

has just been brought to our attention. We hope to have more particulars of this product in our next.

HOLIDAY MENU.

BREAKFAST.

Grape Fruit.	Cracked Wheat Mush.	Oranges.
Toast.	Granose Flakes and Granola with Cream.	Graham Gems.
	Caramel-Cereal.	

DINNER.

Cream of Celery Soup.	Stuffed Potatoes.	Croutons.
Stewed Tomatoes.	Cauliflower au Gratin.	Gluten Bread.
Graham Bread.	Cranberry Sauce.	Vanilla Sauce.
Plum Pudding.	Nuts.	Raisins.
	Unfermented Grape Wine.	

TEA.

Potato Salad.	Graham Biscuits.	Celery.
Peanut Sandwiches.	California Grapes.	Olives.
Fruit Cake.	Caramel-Cereal Ice Cream.	
	Fiberless Cocoanut Sandwiches.	
	Cocoa.	

RECIPES.

Cream of Celery Soup.—Cut the celery in small pieces and stew until tender. Strain through a colander, add milk until the proper consistency. Season to taste and let come to a boil.

Stuffed Potatoes.—Select potatoes of medium size and bake. When done cut off one end, scrape out the insides. Season to taste, add chopped parsley and beaten egg. Mix all together and put back in the jackets. Fasten the ends on with a little raw egg and return to the oven to heat.

Cauliflower au Gratin.—Soak the cauliflower head down in cold water for 1 hour. Boil until tender, brake in small pieces and cover with a sauce made of milk thickened with a little flour and seasoned. Bake a light brown.

Potato Salad.—By adding a few cold, boiled split peas to this salad a pleasant variation is afforded.

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Fiberless Cocoanut Sandwiches.—Use oatmeal wafers with fiberless cocoanut for filling.

Caramel-Cereal Ice Cream.—2 cups of caramel-cereal boiled in 1 qt. of milk. Strain through a bag and set aside to cool. Add one pt. of cream; sweeten to taste and flavor with vanilla. Freeze. A strong decoction of any cereal coffee may be used.

From Walter S. Weller, 144 37th St., Chicago.

Tomato Soup.—1 qt. tomatoes, 1 pt. water, boiled together twenty minutes; strain through a colander. Add 1 qt. milk and at the same time 1 teaspoon soda. Season to taste. Just let come to boiling heat, and serve.

Miss Parloa's Vegetable Soup.—1 pt. each of white turnips, carrots and potatoes all cut in cubes; $\frac{1}{2}$ pt. leeks, white part; 1 large onion, 1 clove of garlic, 1 eschalot, 1 tablespoon of salt, 3 tablespoons of butter, 1 teaspoon sugar, $\frac{1}{3}$ teaspoon pepper, 2 qts. of water. Cut the onions fine and cook slowly with the butter for half an hour. Add the boiling water and carrots and cook half an hour longer. Then add the turnips, potatoes, seasoning and cook an hour. Add a teaspoon of parsley or cerefeuil ten minutes before serving. Cream vegetable soup is made by rubbing a portion of this soup through a puree sieve and adding milk and a little salt to it.

Fried Celery.—Cut pieces of the larger stalks in three-inch lengths. Wipe each piece dry and dip in egg and bread crumbs. Fry quickly in smoking hot Nutcoa or Diamond Butter Oil.

"HARMLESS MINCE PIES."

The *Woman's Home Companion* publishes a recipe for what it calls "Harmless Mince Pies" among the ingredients of which are beef, beef suet, a qt. of brandy and lots of spices. We humbly offer to amend with the following:

6 good sized lemons, $\frac{1}{2}$ lb. of apples, 1 lb. of stoned raisins, 1 lb. each of currants and sugar, $\frac{1}{2}$ lb. of fresh butter, 2 oz. each of candied lemon and orange. Grate off the yellow rind, cut the lemons in two, squeeze out the juice. Boil the rinds till tender, but not soft, changing the water 5 times and put a tablespoon of salt in the water in which they are first boiled. When done, drain the water from them and take out the seeds and pulp. Chop them, with the raisins, in a wooden bowl. Add the currants, the sugar, the apples (previously chopped fine), the grated rind of the lemons, the juice, a pinch of cayenne, a small teaspoon each of mace and cinnamon, 12 drops of almond flavor, the candied orange and lemon, cut in thin slices; and lastly, the butter, melted and stirred well in.

This we guarantee will be more palatable and harmless, while it will not shock our total abstinence readers.

FRENCH BREAD MAKING PROCESS.

A French bread making process consists in soaking the grain and passing it successively through a crushing and a kneading machine, which converts it directly into dough. This contains the full nutritive value of the grain, and it is claimed, can be kept indefinitely.

AN IDEAL THANKSGIVING.

Mr. G. G. Heid of St. Louis, in sending us the beautiful poem which appears on preceeding page, wrote: "The various journals have been filled with illustrations and writings on the subject of Thanksgiving dinners, and in jesting about the poor turkey killed on that occasion, making it appear as though our kind heavenly Father was a bloodthirsty God, to whom sacrifices of life had to be made in order to thank Him, and as one looks in vain in the daily papers for an ideal Vegetarian Thanksgiving, I submit the enclosed lines.

APPLE BLOSSOM

RAISINS.

A CHRISTMAS POEM.

BY MRS. JOSEPHINE B. PARKMAN,
WASHINGTON, D. C.

Since that mythical time
When in primitive rhyme
Man voiced his emotions, of lays in
Earth's every tongue,
What poet hath sung
A song of the succulent raisin !
Some lyrics there be
Of the loved apple tree
With its sweet bluish masses of blossom ;
The cherry's red fire
Doth others inspire ;
And the strawberry nestling earth's bosom.
In the heavy perfume
Of the white orange bloom
Is the essence of many a sonnet,
With the fruit, yellow bright
From the gay captured light
Of the sunbeams that dallied upon it.
No less is there verse
Where the poets rehearse
All the charms of the grape ; but their praises
In never a line
Do the virtues enshrine
Of the grapes that are dried into raisins.
The grape that they sing
Is the purple-robed King
Of the Wine ; and their verses the voicing
Of his subjects, mad glee
In his gifts scattered free—
Of a real Bacchanalian rejoicing.
In the white-robed soul
Of the grape I extol
Is no guest evil-purposed, unbidden ;
No spirit of sin
Is there crouching within,
No spirit of sorrow there hidden.
The spirit of life
And of joy, that is rife
In the land of the Malagas growing,
Finds entering there
From the rich sunny air
And the warm heavens over-it glowing.
And we, living far,
'Neath a cold Northern star,
When we eat of the raisins, in rightness,
Some measure must know
Of the gladness and glow
They absorbed in the tropical brightness.

Ralph Crow, 6 years and 10 months old
has been raised a Vegetarian and has never

taken one dose of medicine nor been in bed
one hour from sickness.—John S. Crow,
Ann Arbor, Mich.

CARD OF MEMBERSHIP.

Bertha Lyburger, of Philadelphia, about
11 years old, called recently, accompanied
by her mother, and subscribed for *FOOD,
HOME AND GARDEN* for herself and three
friends paying \$1.00. For this she has re-
ceived an engraved card (5½x7½) of Mem-
bership in the *APPLE BLOSSOM SOCIETY*.
We hope all the *APPLE BLOSSOMS* who
can will apply in the same way for these
cards of membership. The card was en-
graved by Mr. Geo. Brunswick of N. Y.
the celebrated Engraver, who has also fur-
nished the beautiful new engraving for the
cover of this no. Every Vegetarian under
18 years of age should have one of these
cards. They cannot more effectively pro-
mote Vegetarian principles than by circula-
ting their own organ.

THE APPLE BLOSSOM EDITOR.

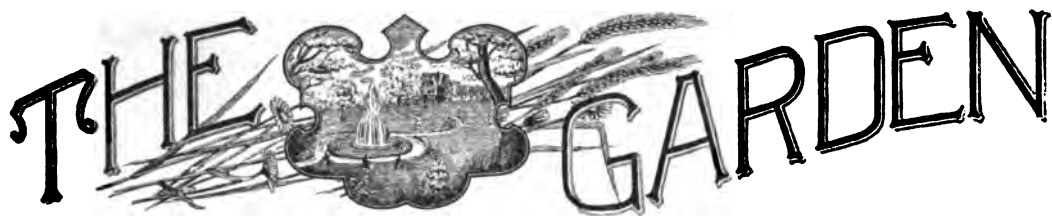
Walter S. Weller, 144 37th St., Chicago,
is editor of this page. Communications for
publication here may be addressed to him.
His story is postponed to make room for
Mrs. Parkman's beautiful poem on the
"Raisin". Next month we will present a
picture and sketch of Mr. Weller.

THE PUMPKIN.

How dear to our hearts is the old yellow
pumpkin, when orchards are barren of
stuffing for pies ; when peaches and apples
have both been a failure, and berries of no
kind have greeted our eyes. How fondly
we turn to the fruit of the cornfield—the
fruit that our children are taught to despise
—the old yellow pumpkin, the mud-covered
pumpkin, the big-bellied pumpkin that
makes such good pies.—*Harrisburg News*.

January,

THE GARDEN



Mr. Theo. Koss, the eminent Seedsman and Horticulturist, Milwaukee, contributes the items marked "K". He has also consented to supply the SEED PREMIUMS elsewhere advertised to which we call attention.

RASPBERRY ROOTS.

Good plants of the raspberry are obtained by cutting vigorous roots in pieces four or five inches long, and planting about eight inches apart.—K.

WOOD ASHES.

One of the most valuable fertilizers produced on the farm and one that is seldom given much care, is wood ashes. Every pound should be carefully saved and applied to the ground around berry bushes and fruit trees.—K.

INTELLIGENT GARDENING.

Education is as essential for the gardener as for any other man. Good gardening consists not wholly of manual labor; it requires the exercise of good intellectual powers. There is vast difference between scientific and theoretical gardening.—K.

HAZEL, NUTS & FILBERTS.

Robert Hogg, pomological director of the Royal Horticultural Society of Great Britain gives the following synopsis of nuts:

"1. Nuts shorter than, or husk as long as the nut. Varieties: Bond, Cob, Cosford, Downton Square, and Pearson's Prolific.

"2. Filberts; Husk longer than nut. Varieties: Frizzled, Lambert's Purple, Red and White."

The European hazel and Lambert's Filbert with their varieties and crosses yield the nuts of commerce.

CULTIVATION OF PEANUTS.

Mr. John Johnson of Raynor, Va., writes: "Peanuts are planted in May in rows 2 ft. 9 in. apart and in hills 16 inches

apart in the rows. They grow flat on the ground and yield as high as eighty nuts in a hill. We hoe them twice and cultivate with a cultivator four or five times if it is a very wet summer. We generally commence digging them October 1st. We plow them up and shake them out with a fork. Then we shock them up to dry. When dry we gather them off the stalks and bag them in four bushel bags and they are ready for market."

THE CAUSE OF FAILURE.

Failures in Vegetable Gardening in the case of amateurs, are often due to bad treatment of the ground. By bad treatment here is meant the digging or cultivating of it while it is wet. It takes quite a time to bring ground right, especially soils of a heavy character, after injury is done in this way. Sometimes the injury is done and the effects follow and the owner never knows how; looking for the cause of the trouble in every direction except the real one.

It is in the too great haste to get seed in the ground in the early spring that most of the harm on this account is done. Far better wait a week or two than dig or plow when the soil is too wet for working. Learn too, to judge of right condition in this respect. Do not leave the determining to the laborer hired by the day, perhaps, and wanting the job. He may know, but he is liable not to let his knowledge count in favor of his remaining idle.

Those who do not know should consult those who do as to this. A few object lessons will usually put the novice on the way to a correct and practical understanding as to what is proper in this respect.—K.

FOOD HOME AND GARDEN

PARKER PILLSBURY.

It is a remarkable fact that of those giant minds that led the colored race from slavery to freedom in this country, who toiled with voice and pen and endured obliquy and persecution for the cause of abolition, those who have survived the longest and still live to see the progress of the race they sought to emancipate, are not only abolitionists but Vegetarians. Of these Parker Pillsbury is a living illustrious example. We rejoice in the opportunity to place his name where it will perpetually stand among those who are quoted as illustrating the truth of the Vegetarian principle: that it is sustained by the best and purest intelligences and philanthropists of all time.

In a letter dated Concord, N. H. Nov. 5, 1897, Mr. Pillsbury remarks: "That I am now in tolerable health in my eighty-ninth year is attributable mainly, as seems to me, to wholly abstaining from all animal food more than a dozen years. Had I commenced that reform thirty years before, it would have been easy for me to have looked over into the twentieth century at least ten of its years before my departure to the great beyond. That would have been a century. You probably have heard that I was born in Hamilton, Mass., September 22nd, 1809." From the clear intelligence displayed by our venerable brother there is every reason to believe that he will be spared to look over into the 20th century and form a connecting link binding the two centuries together in faith, hope and realization of the blessed building up of the human race on the principles of true humanity and unlimited brotherhood: a brotherhood which embraces not only all *races of men* but which extends its benign influence to those creatures which Lamartine described as "our companions in labor and

affection."

Parker Pillsbury although best known in the cause of freedom has also raised his voice and used his pen in favor of Temperance, Vegetarianism and Peace, and is likewise known as a friend to woman insisting on justice being done to her as the surest way of securing good government and the suppression of intemperance. Parker Pillsbury remained mostly at home on the farm till about twenty years old. He was licensed to preach by the Suffolk Association, of Boston, and hired for one year by the Congregational church in London, N. H. At this time the anti-slavery agitation had begun to attract much attention. Outrages of a fearful character had been perpetuated upon the abolitionists. Garrison had been mobbed in Boston, Lovejoy murdered in Alton, Illinois, and Pennsylvania hall in Philadelphia, had been burned by a mob. Being deeply sincere and earnest in his convictions, and determined to follow them at whatever cost, early in 1840, he abandoned the ministry, and entered the anti-slavery conflict by the side of Garrison, Rogers, Phillips, Foster, and other heroic leaders.

Since the abolition of slavery, he has occupied his time largely in the cause of liberal radical reform in politics, social economy, and progress generally. He married, Jan. 1, 1840, Sarah H. Sargent of Concord, where he still resides.

James Russell Lowell, writing of the abolitionists at the Bazaar in Boston in December, 1846, speaks of: "brown, broad-shouldered Pillsbury, who tears up words like trees by the roots."

"A terrible denouncer he,
Old Sinai burns unquenchably
Upon his lips; he well might be a
Hot-blazing soul from fierce Judea,
Habakkuk, Ezra or Hosea."



PARKER PILLSBURY.



MRS. ROSA G. ABBOTT.
(SEE PAGE 29.)



FRANCIS SCHLATTER.

FOOD, HOME AND GARDEN.

VOL. II, NEW SERIES, No. 14.

FEBRUARY, 1898.

WHOLE NUMBER 87.

FRANCIS SCHLATTER.

One of the most extraordinary characters that have appeared in the century now drawing to a close is known as Francis Schlatter. So extraordinary is he that even now, the question as to whether he still continues in bodily form upon the earth is by no means settled. He has been reported dead several times; then he has been personified by a man who bore some resemblance to him and who it is said effected cures as he did, but who at last was reported as having married and since then but little has been said in the papers either about Francis Schlatter or his personifier.

Seeing that Francis Schlatter was reported as being a practical Vegetarian we wrote to Mrs. Ada M. Morley, the lady who is well known as "the Hostess of Francis Schlatter," to ascertain the facts about him. In reply to our inquiries we received the following interesting letter which is so frank as to convey the impression of the most perfect sincerity and truthfulness:

Hermositto Ranch, Datil, New Mexico, 10, 20, 97.—My dear Sir:—Your favor was forwarded to me here and I take great pleasure in sending you one of Schlatter's remarkable books. I shall look with interest for your review. I came down home weary, worn and faint-hearted almost, after a long 10 months struggle single handed and alone in Denver, speaking from a materialistic standpoint of course only. I was sent to Denver and I obeyed but robbers down here stole nearly every thing I had in the house and yet had they burned the house I should have gone just the same on so mighty a mission to help humanity.

I, personally, but theoretically mostly have been a Vegetarian for years. Heard Miss Yates at the World's Fair and have read somewhat on those lines but I have also meantime been forced to live on the open cattle ranges for twelve years. I know the horrors of cattle killing and handling in all its phases out here. Cruel is a mild word, I am very opposed to eating flesh, but what on earth can I do in comparative poverty all the while and cattle the only food and product? You see Schlatter ate no flesh in Arkansas Hot Springs. He is like myself in this one thing only; for otherwise he is a spiritual giant; he eats meat when there is nothing else on the tables as out on these open ranges there is nothing else often for weeks. No nuts, oils, eggs, milk or natural foods, cattle, cattle every where.

I am a born natural Vegetarian, that I know. In the leaflet I see you leave out Mr. Moore's main reason—ethical grounds. We have no right to take sentient life. But no matter XVIII reasons ought to be enough for any one. Had I wealth I should devote it to humane education on all lines. Anti-Vivisection, Anti-Flesheating, Anti-Whipping of children and all kindred lines pertaining to unnecessary sorrow and pain.

I shall remain here resting for some time, in fact till Schlatter returns for he is not dead. O, mercy no! he is not married. That was that fake I trapped into writing to me to prove him a fraud. I knew Schlatter's writing.

My opinion is that Schlatter is with some tribe of Indians in Mexico,—waiting to return with increased powers as he foretold. You note his promises in the book, the closing pages. He is hid somewhere like the oriental Adepts, probably alone in some cave.

FOOD HOME AND GARDEN

He is too gentle, too kind, too tender to believe in killing the speechless world of animals, uselessly, ruthlessly for food. It is barbarism of the basest sort. I know, for I see it daily out here. All forms of cruelty and the poor, brave, little cow pony, with bleeding mouth and sides and yet does all the work for the cattle business.

You may perceive I am the highest type of humane crank. Well I see too much, I know too well and it's all wrong, wrong. May our Heavenly Father speed the day of Justice, Mercy and Truth!—Yours truly, Ada M. Morley.

"The Life of the Harp in the Hand of the Harper" is the title of the book by Francis Schlatter. It was compiled and published in obedience to his commands by his hostess at Denver, Col. in 1897. It contains an interesting account of his "Two Year's Pilgrimage"; his "Fast at Albuquerque"; his "Healing" of thousands "in Denver", concluding with a chapter entitled "The Silent man speaks for the first and last time."

The work has been well done by his excellent hostess whose letter on the preceding page will be read with much interest. Her faith that Schlatter is still living although reported dead, gives hope that Schlatter will yet come forth with his wonderful healing powers augmented by his seclusion and life in the wilderness of Mexico.

From this book we learn that Frances Schlatter was born April 29, 1856 in Alsace, France; his parents were farmers and weavers; he did not go to school till the age of 14; learned the trade of shoemaking; came to America in 1884; worked at his trade at Jamesport, L. I. but occasionally working on steamboats; came to Denver in 1892 where he remained till July, 1893, he felt impelled to go forth on a mission of self-denial and healing. It was in Denver that he first began to contemplate the Christ life but he soon began to realize that he had

been led by "Father" during the previous five years but he was not conscious of it as now. He was born reared and is still a Catholic. When only one year old he was blind, deaf and ruptured and had always been a little hard of hearing till cured by faith in "Father."

He had to go forth from Denver a foot; was arrested at Hot Springs, Ark., as a lunatic because found barefoot and bareheaded and claiming to be guided by the Father. He was five months in jail and while there was tried by the prisoners in "The Kangaroo Court;" was fined but being unable to pay he had to receive 50 lashes on the bare back. The prisoners then treated him kindly because returning good for evil, he healed many of them.

He was liberated May 14, 1893, and went to Texas. He was again imprisoned as a lunatic in Throckmorton jail for one day. Then he had to tramp to California slowly, healing as he went along.

He went to San Francisco where he did some healing. Left afoot and tramped across the Mojave dessert calling at the R. R. stations for water. He took nothing but flour and water and was barefoot.

He reached Flagstaff, Arizona, March, 1895, where he engaged in herding sheep. He visited Fort Wingate, N. M. and went among the Navajo Indians healing the sick; living five days with the chief. He began his forty day's fast July 6th, 1895, before reaching Las Lunas and ended it Aug. 15th at Albuquerque.

He first discovered his power to heal by curing a friend far away by letter. In Denver he was seen and touched by as many as 5000 persons a day most of whom were healed of their infirmities.

The book gives the particulars of his wandering and healing for which he refused compensation.

FOOD HOME AND GARDEN

MRS. ROSA G. ABBOTT.

We are glad to welcome to the ranks of active, earnest and effective food reformers the lady whose portrait appears on page 17 of the present number and whose first article for FOOD, HOME & GARDEN is printed in in our GARDEN Department. Mrs. Abbott has become very favorably known to literary circles by her contributions to the *Arena* and other eastern magazines. She is a clear and well poised writer and we feel sure our readers will accord her a most cordial reception. She is the wife of Arthur Vaughan Abbott, C. E. and author of an important work on the *Electrical Transmission of Energy*.

Mrs. Abbott is greatly interested in the practical and scientific reforms of which she regards the abandonment of flesh as a food an important step on account of the clearer intellectual vision promoted thereby, believing that a higher degree of spiritual attainment will thus be reached by the human race. Her articles on Pythagorean Diet have appeared in some of the Metaphysical Magazines.

In a letter dated Dec. 20th, '97, Mrs. A. writes: "The matter of fertilizers is one of extreme interest and I am glad you do not neglect it. Should you desire it I can prepare a brief resume' of the French method of attracting gaseous nitrogen." We replied in the affirmative and her promise to do so followed.

Our friends will be happy to know that Mrs. Abbott has been a strict Vegetarian for three years and writes: "I find myself *greatly* improved in health by the change in diet.

"I had the pleasure of being presented to you at the Banquet last year and I recall myself to your memory by means of the enclosed proof photograph."

Mrs. Abbott recently contributed an article entitled "Consider the Bird," to the

New Race in which she cleverly introduced the Vegetarian idea as she always does whenever opportunity serves.

We need not say how much we are rejoiced to find young and talented writers like Mrs. Abbott taking up the subjects connected with Vegetarian practice with so much earnestness and ability.

APPRECIATIVE.

We have received numerous letters showing much appreciation of the improvements made in FOOD, HOME & GARDEN in the January no. We select a few as follows:

From Prof. Gregorson, Santa Barbara, Cal.

The January no. of F., H. & G. in its new dress has been received. We like its appearance. It can be seen that the design is a labor of love, so much attention to details, and so much of the spirit of reform in it. If it had been done for gain it would have been different. How much better it would be if all labor was done for love! So much has the idea of gain grown in this country that such a condition is scarcely conceivable. Yet it is the only true condition, everybody working for good instead of for gain, the true condition for permanent progress and general prosperity and happiness.

From H. Q. Mack, Catskill Sta., N. Y.

Your issue for the New Year is beyond praise. Thanks to Geo. Brunswick for the exceptionally tasteful and attractive cover page. The introduction of Pomona with her cornucopia overflowing with a profusion of delicious fruits and holding aloft the flower-fringed motto of "Live and Let Live"; the delicate purity of the border; the chaste purplish coloring—are all very befitting. Emil Hensler's original headlines are praiseworthy and creditable. The new type and the excellent press-work and quality of paper command the warmest commendation of the lovers of fine typography.

FOOD HOME AND GARDEN

THE LOGIC OF VEGETARIANISM.
*A speech delivered at the Thanksgiving
Banquet of the Vegetarian Club, Chicago
University, Nov. 25th, 1897,*

BY J. HOWARD MOORE.

There is a heavier and more solemn aspect to this occasion which must present itself to every individual who is really and truly conscious. Vegetarianism connotes more than the neglect by one being to suppress another for nutritive purposes. Vegetarianism is one aspect, and only one, of a wide and profound philosophy. The exploitation of birds and quadrupeds for human whim or convenience is an offense not different in kind from the offenses denounced in human statutes as robbery and murder. And the same logic which impels abstinence from one of these offences impels everyone who has the talent to be consistent to refrain from all of them. There is, in fact, but one crime in the universe, and all varieties of impropriety whatsoever are aspects or phases of this crime. It is the crime of exploitation: the suppression of the interests, lives or welfares of some beings for the whim or convenience of others; the neglect to recognize the equal, or the approximately equal, rights of all to life, consideration and happiness; the crime of doing to others as you would that others would *not* do to you.

I look back over the ages of this world, not the ages of human history simply, for the history of the human species is but a little section, the remembered chapter, in the history of the evolutions which have been performed by mundane life. I look back to the beginning of life on this planet, back 50,000,000 of years ago, when the first protoplasmic specks sprawled in primeval seas. Life originated in the sea fifteen hundred thousand human generations ago. After ages of evolution it crept out upon the continents, subsequently entered the forests,

climbed and clambered among the trees, became endowed with perpendicularity and hands, descended and walked upon the soil, invented agriculture, built cities and states—and here we are. Human civilization is but the van, the hither terminus, of an evolutionary process, which had its beginning away back in the protoplasm of primeval slime. The philosopher is the remote posterity of the meek and lowly monad.

Now, this whole enterprise, this entire process of biological evolution, has been accomplished by the survival from age to age of the fittest to survive, that is, by the incessant subjection and elimination of the weak and the simple by the more powerful and sophisticated. And the disposition to exploit and to tyrannize manifested by every animal that breathes from philosopher to fish is a disposition which has been implanted in the natures of living beings by the necessities of evolution. The great task of reforming the universe, therefore, is the task of eliminating from the natures of its inhabitants the disposition to be inhospitable, egoistic and merciless, which has been everywhere developed by evolution.

In the ideal universe the life and happiness of no being are contingent on the suffering and death of any other. And the fact that in this universe of ours life and happiness have been and are to-day so largely maintained by the infliction of indescribable misery and extinction is the most pathetic, the most stupendous, and the most sickening contemplation that ever invaded human mind. It is encouraging to know, however, that life in its highest forms that is as represented by the most cultured aggregates of the human species is evolving rapidly and irrepressibly toward the ideal, that is toward a social state in which the interests and life of each individual being are more and more equally precious.

February,

FOOD HOME AND GARDEN

What are civilization and morality? What do we mean by ethical progress? The growth of consideration for others, nothing more: simply cessation of, or abstinence from, exploitation. Courtesy, kindness, justice, altruism, humanity, what are they? They are the qualities which distinguish those who put themselves in the place of others, who recognize the existence and preciousness of others and who act upon others as they themselves would be pleased to have others act upon them. Otherism is the antithesis of *loisses faire*. The growth of civility in the earth is the growth of the principle or consciousness of solidarity, among its inhabitants.

Vegetarianism, therefore, that is abstinence from non-human exploitation or the recognition of universal solidarity, is related from this exalted standpoint, to the logic of the Magna Charta, the Declaration of Independence, and the modern movements of social reform. The sympathies of the consistent vegetarian go out naturally to the stricken and oppressed everywhere: to Cuba in her struggle for autonomy; to Ireland in her misery; to the helpless quadruped quivering under the pole-ax, and to the pitiable proletarian who goes up and down the monopolized universe seeking in vain for opportunities to earn honest nutrition. The vegetarian who is conscious enough to be consistent is in love with the universe, not simply with his wife or clan or species. He strives to be graceful to every being with whom he has contact, however humble or helpless or excentric that being may be.

And I surely hope that we here to-night as we are gathered about this beautiful and bloodless banquet, may rekindle our sympathy for the submerged and unconsidered millions of every class and condition in the universe. Let us revow our vows of alle-

giance to the principles of courtesy and love, whether to the lone worm wandering in the twilight of consciousness, the feathered forms of the field and forests, the heifer of the meadows, the simple savage on the banks of the gladed river, the political slaves whom men call wives, or the economic exiles of industry. Others may do as they will, but as for me, I shall devote my feeble energies, my life, to the amelioration of the deprived and the unpitied of this world; and I shall go down to my grave and out into the darkling hereafter with a bloodless digestion if I am the only animal in the universe to do it. (Applause.)

CURED OF BRIGHT'S DISEASE.

In the currant number of *The Homœopathic Recorder* the following translation from a Leipsic, H. Journal occurs:

"About seven years ago a butcher of this city, about thirty years old, was seized with Bright's Disease. As he was given no hopes of recovery by the physicians here he applied to a physician in Berlin. He could only confirm the diagnosis and prognosis, but advised him to try domestic remedies as these often had wonderful results. He advised the patient to eat copiously of barley gruel and water-cress. And lo and behold! the straw thrown him for his salvation became a firm cable which saved him from a certain death. He is at this day sound and well and the incurable Bright's Disease has had to yield to the simple domestic remedy oat gruel and water-cress." (It is, however, to be noted *Nasturtium Aquaticum* (water-cress) is an ancient remedy for dropsy from kidney disease.—Editor.)

Do you not think, this was purely and simply a case, very remarkable indeed, of a recovery from disease by substituting a *natural food* for the unnatural?—A. J. Watts, Brooklyn, N. Y.

FOOD HOME AND GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications for the Editor to be addressed to
1023 Foulkrod St., Station F, Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
12 insertions \$1.00. For 12 lines 1 insertion \$1.00.
For 12 insertions \$10. Per page, inside, \$15, outside,
\$25.

A vegetarian, refined and conscientious, fond of music and
athletic sports, wishes a correspondent.—Address M. B. A.,
Post Office, Philadelphia.

Our Christmas enjoyment was greatly enhanced by the visit of Mr. & Mrs. Haviland and Mr. George Brunswick of New York.

We regret that the contributions of Theo. Koss to our GARDEN Department arrived too late for this issue. They will be in good time for our next.

Mr. Brunswick's experience with the Vegetarian Restaurants at Berlin, Prussia, was exceedingly interesting. Twenty-two of these restaurants flourish in that city.

We have just received from the India Refining Co., a can of Nutcoa which is an improvement on all former productions both in the construction of the can and the quality of its contents. There will be no risk in sending Nutcoa, even in hot weather, with this new can.

Each of the Vegetarian Restaurants in Berlin is conducted by a man and his wife. The most refined and elegant service is a marked characteristic and people patronize them because the cooking is so exquisite and the food is served in such a charming way that it becomes irresistible.

Mr. Reinhold Starke, Junction City, Kansas informs us that his wife six years ago was always sick and only weighed

98 lbs. After one year on Vegetarian fare she gained in weight and health. She now weighs 136 lbs. and is healthy, having got rid of nearly all her former troubles.

The speech of Prof. J. Howard Moore, p. 22 and 23 is a masterly presentation of the philosophy of Vegetarianism from Mr. Moore's favorite standpoint which is broad and comprehensive. From this view religion, ethics, philosophy, science and logic are focussed in support of the Vegetarian ideal life.

Dr. Fell, p. 28, asks if our animalism and savagery are not largely the result of our theological training? The old doctrine of vindictive punishment and making sacrifices to appease the wrath of God have doubtless had the effect of maintaining cruel customs, but the belief in such doctrines is a result rather than a cause of animalism. When animalism is overcome by purity as taught in J. Howard Moore's address (see p. 22) the absurd theology of which the doctor complains will no longer be accepted or believed.

Many minds are actively striving to work out the ideal of Human Brotherhood. The Theosophists, the Christian churches and many others are striving at the same purpose, but personalities divide them because they have not realized that self-love must be sacrificed that the cross must be carried before the crown can be achieved. Personal conquest of carnivorous appetites must precede the realization of the brotherhood ideal. We cannot really love the stronger brother while we are killing and eating the weaker. It is a case in which the lesser includes the greater. It is doing it to the least that constitutes and includes doing it to the greatest.

February,

FOOD HOME AND GARDEN

VEGETARIAN HOME.

I am the founder of a home for aged people and orphans which is run on the Vegetarian principle and is located at Encinitas, California. Would like to introduce Nutcoa to the Home. Could you not give a donation of it for the Home?—Mrs. E. A. Hammatt, Box 42, Encinitas, Cal.—Perhaps some of our charitable friends would like to order a crate of Nutcoa sent to this Home. We would gladly send it but our cash is expended in printing.

FOREIGN STAMPS.

We have been asked if we would supply Vegetarian Literature in return for cancelled foreign stamps. We reply that it is best to send such stamps to our friend Jno. W. Scott, 40 John St., N. Y. City, and he will place to our credit the value thereof for which we will supply such books and publications as may be ordered on receiving notification from him of the amount received and from whom. By saving up cancelled stamps our friends can thus contribute to the cause and help it along.

VITALITY IN FOOD.

It is being discovered that apart from chemical composition, there is an element of vitality in food that is of more importance than its chemical elements. Seeds are known to possess vitality or they would not germinate when moistened and warmed. This idea of life, vitality, in food, was promulgated 200 years ago by Thomas Tryon. He opposed especially twice cooking as destructive of the spirit of life in food. Let us live on live fruit and vegetables as much as possible in contrast to dead flesh.

CO-OPERATION.

Many of our correspondents who rejoice in the improvements in F., H. & G. express the hope that the circulation will be in-

creased as a result. We hope so and to this end we ask the co-operation of all our readers. An effort if generally made now would place the magazine in good financial condition *but all must do something towards it* in order to accomplish this result. We are spending more than we can afford, hoping our friends will appreciate the effort and rally to our support. Send subscriptions now, please.

NITROGENOUS VS. STARCH FOOD.

Dr. Roberts of Chicago desires to see the subject of starch food or Densmorism discussed in F., H. & G. It has been discussed in the English Vegetarian publications and it has been pretty generally conceded that the liberal use of fruit and nut food and pulse is a great improvement over a dietary in which starchy cereals predominate. Good common sense in selecting from nature's storehouse is a great help. Dr. Densmore discontinued *Natural Food* as his persistent use of flesh was distasteful to all true food reformers.

INTERNATIONAL EXPOSITION.

We have received a prospectus of an Exposition to be held April 25 next and five consecutive weeks at the Grand Central Palace, N. Y. It is to include all Sanitary Appliances, Foods, Electricity, Architecture &c. with Living Picture Illustrations, Quarantine, Drainage, Plumbing, Cooking and every known method of promoting health. Mr. B. G. Green, Grand Central Palace, is announced as Secretary. If the management desire the co-operation of Vegetarian Societies we suggest that Mr. or Mrs. Arthur Haviland be added to the Advisory Board. Mr. Haviland's office address is Room 9, Central Depot, which we presume is convenient to the Central Palace.

HOME DEPARTMENT

MENU FOR DAY IN FEBRUARY.

BREAKFAST.			
Baked Apples.	Ralston Breakfast Food.	Cream.	
	Saratoga Potatoes.		
Graham Gems.		Toast.	
	Cereal Coffee.		
LUNCHEON.			
Lentil Soup.		Croutons.	
Almond Butter.	Gluten Bread.	Stuffed Figs.	
Fruit Crackers.		Cocoa.	
DINNER.			
Boiled Split Peas.	Corn Fritters.	Potato Pie.	
Thin Brown Bread and Butter.		Olives.	
Oatmeal Wafers.		Salted Pecans.	
Preserved Strawberries.		Fruit Cake.	
	Black Walnut Candy.		
Bananas.	Assorted Nuts.	Raisins.	

RECIPES.

From Table Talk.

Stuffed Figs.—Use "bag" figs which have not been pressed. Cut a small slit in each fig and work in two blanched almonds. Another way is to remove a portion of the soft interior and fill up with nut paste, made of a mixture of ground almonds, walnuts and hickory nuts.

Barley Crystal Muffins.—Mix together 1 pt. of entire wheat flour and 1 cup of barley crystals, $\frac{1}{2}$ teaspoon of salt and 1 teaspoon of sugar. Beat 2 eggs, add 1 cup of milk and stir into the dry mixture. Add more milk, if needed, to mix to a thick drop batter, also 2 tablespoons of melted butter and beat until smooth. Stir in quickly 2 teaspoonfuls of baking powder and fill greased gem pans $\frac{2}{3}$ full. Bake 25 minutes in a quick oven and serve hot.

From Miss Amy Nichols.

Black Walnut Candy.—2 cups granulated sugar, 1 cup of water, 4 tablespoons vinegar, lump of butter size of a hickory nut. Boil until it grains. Pour this over $1\frac{1}{2}$ cups of black walnut kernels.

One of our correspondents writes for recipe for Vegetable Toilet soap. Can any of our friends furnish the same?

DIAMOND BUTTER OIL.

Having used your Diamond Butter Oil for several months I am well pleased with it.
—S. H. Platt, Southern Pines, N. C.

WHAT IS THOUGHT OF NUTCOA.

Some time last month I received a package of Nutcoa from you and we have been giving it a good trial before reporting; I must say for it, that it is the finest substitute for the common shortening materials we have yet tried: food prepared with it has a delicate, nutty flavor which to our tastes is most pleasing and delicious. I shall use little of any other material as long as this can be obtained at living prices.—S. W. Snyder, Centre Point, Linn Co., Iowa.

BARLEY CRYSTALS.

We have received from Messrs Farwell & Rhines, Watertown, N. Y. sample canisters of their Barley Crystals which contain 11.8 albuminoids & 75.9 of carbo hydrates, a small percentage of oil and phosphates. We have given the Crystals a thorough trial and find them easily prepared and especially well adapted for use as a breakfast dish of a very nutritive character. It is also excellent for a gruel to be used either for infants or convalescent adults being an excellent tonic in cases of fever and gastric troubles.

RALSTON BREAKFAST FOOD.

We have received from the Purina Mills, St. Louis, through James A. McCaffrey & Sons, 4007—9 Market St., Phila., packages of Ralston Breakfast Food and have given it a fair trial. It is very easily prepared in ten minutes and makes a very delightful breakfast. It consists of wheat granules which when stirred into boiling water form a very palatable dish in a few minutes. It

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is also good for gems and pancakes and being manufactured on a liberal scale and sold in convenient packages can be adopted universally for either winter or summer use. It is endorsed by the Ralston Health Club of Washington, D. C. We have great pleasure in adding the endorsement of the Vegetarian Society of America.

PURINA HEALTH FLOUR.

We have also received from the same manufacturers a bag of the Purina Health Flour and we have succeeded in making it into excellent whole wheat bread. It comes nearer to the Graham ideal than any other whole wheat flour we have been able to obtain.

DO WE EAT TOO MUCH MEAT?

Mrs. Rorer, in the *Ladies' Home Journal* for January asks the question: Do we eat too much meat? and goes on to prove that we do in the following articles; "Aged people should eat very little meat;" "Vegetarianism is coming into favor;" "Diseases caused by excessive meat diet;" "Physical breaking down of meat eaters;" "Three simple and nourishing meals;" From the latter we quote the following:

"I trust my readers will not think for a moment that I am condemning entirely the use of meat. Individually, I use all (with the exception of pork and veal) in moderation, and toward the close of the day. From long experience I have found that a heavy morning's work can best be accomplished on a breakfast composed of a well-cooked cereal and fruit, with perhaps, a cup of French coffee, or cereal coffee, and a piece of well-toasted whole wheat bread. The noonday meal, especially if work is to be continued in the afternoon, should be composed of a cream soup, with whole wheat bread, an omelet, some of the higher forms of nitrogenous food, in the proportion of one-third to two-thirds carbonaceous food.

Fruits, again, may be taken, if they agree—a baked banana, a baked apple, peaches, pears, or any of the very ripe, sub-acid fruits."

FOOD FOR BRAIN AND NERVES.

Of all the food that makes brains, the blanched almond is the best and gives the highest nerve or brain and muscle nourishment. The person who wishes to keep his brain power up would do well to include these in his daily bill of fare. Juicy fruits give more or less of the higher nerve or brain food, and should be eaten by all who earn their living by their clearheadedness.

The German analysts say that the apple contains a larger percentage of phosphorus than any other fruit or vegetable, and that it is wonderfully adapted to renewing the essential nervous matter of the brain and spinal cord. The acid of the apple seems to eliminate from the body noxious matter, which, if retained, makes the brain heavy and dull, besides causing jaundice, skin eruptions and other troubles. A good ripe, raw apple is one of the easiest of vegetable substance for the stomach to digest under normal conditions. Prunes make one proof against nervousness, but are not muscle-feeding.—*New Ideas*.

FRESH GATHERED FRUIT & VEG.

The only true way of living is the adoption of the Vegetarian diet. Fruits and nuts, are the best for vital force, cooked food loses that element called "glame" by Ralston. This summer I realized the effect of fruit and vegetables that were consumed soon after gathered and I realized how important it was to live where I could get my strawberries picked a few minutes before they were placed on the table; a near neighbor supplied them daily during the season. Sweet corn and peas, I have no relish for if not cooked, as soon as gathered.—Fannie B. Ballou, Attleboro Falls, Mass.

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NO MURDERS AMONG HINDOOS.

Your little verse "Humanity in Japan" in the Oct. no. is an eye opener to the fact that, although designated "Pagan" in the Christian nomenclature, the Japanese as a nation in refinement and humanity are away ahead of this "Christian" nation and this fact you do not propose to conceal.

This will serve to introduce a brief extract from the pen of an eminent writer and lecturer, Lyman C. Howe, that I met in my reading the other day; because so appropos to your main line of thought in condemning the slaughter of animals for human sustenance: "Mr. Ghandie, the Janist Hindoo, is a brilliant and physically well equipped man. But he kills nothing to eat and he says that among his people, representing five millions, it is the religious law inculcated from earliest childhood and from generation to generation that man should never kill either man or brute; and they live on fruits, cereals and vegetables. As a result of this system of living there has not been a murder committed among his people in 5000 years! Think of that, ye Christians, with your systems of carnivorous cruelty, savage divinity, fratricidal instincts, wars, murders, slavery and suicidal epidemics."

Is not our animalism and savagery largely the result of our theological training?—V. Fell, M. D., Nashville, Tenn.

VEGETARIANISM IN BRIEF.

The principles of Vegetarianism are perfect. Meat is not essential to man's existence as many think for in the beginning man's diet contained no meat at all and since man ate no meat in the beginning why does he need it now? But let us have Scripture for what we say: "And God said: I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit

of a tree yielding seed; to you it shall be for meat."—Genesis 1—29.

The primitive diet of man is the best. Because of its primary tissue-building principles it contains the elements which go to make pure blood, healthy flesh, and a clear brain in their most simple and easily digested forms. Flesh food, on the other hand, is in a secondary state, because it is nothing more or less than vegetable food digested and re-vitalized and made into flesh.

Flesh, then, is a material which is manufactured by digestion and absorption of physical bodies, from the vegetable kingdom; therefore when we eat flesh we are only eating the elements of vegetables in a very imperfect state, as the virtue of the vegetables must of necessity have lost some of its energy during the process of transformation from the vegetable to the physical.

It only appeals to the reason. Flesh should not eat flesh. The proper diet of man is herbs, fruit and nuts. They contain all the elements needed for the structure of the human body and when man lives on these alone he has better health, a clearer brain and a good and agreeable disposition.—J. A. Shopen, Elgin, Ill.

CRIPPLING GOLIAH.

I feel that since I have given up the eating of animal food, I have crippled that Goliath, the Philistine champion, that David killed. I do not feel that I have killed him dead, but I am free from the appetite of all animal substances.—Rev. J. B. Johnson, Va.

THE FOOD FOR BICYCLING.

Dr. Lucas Championniere of Paris who has devoted a good deal of attention to the subject, claims that during protracted efforts at bicycling, fruit and plenty of liquid is better than nitrogenous food and his position is approved by the *British Medical Journal*.

THE GARDEN



20TH CENTURY HORTICULTURE.

BY ROSA G. ABBOTT.

The testimony of the Countess Wachtmeister in your December issue of *FOOD, HOME & GARDEN*, against the use of animal fertilizers, is of extreme interest. The value of seaweed in securing a bountiful yield is, I think, not generally known: but along the sea coast of New England it is, and the farmers avail themselves of the seaweed so abundantly gathered there.

French vinegrowers have long been convinced of the superiority of mineral and vegetable fertilizers when wine is to be made from a vintage; and the ancient poet Virgil recommended frequent leguminous crops to secure the enrichment of an impoverished soil.

Twentieth century science will undoubtedly usher in many novel and valuable reforms: among which the following will, I believe, prove to be not only of wide reaching import in agriculture and stock raising, but also in race improvement, ethics and psychical development. Recent statistics show that the great cattle ranges of the West are degenerating in two ways: first, in the numbers of stock produced; second, in deterioration of the stock. Since 1892 this decrease and deterioration are said to be markedly apparent; the explanation being that foreign immigrants are appropriating the ranges and transforming them into farms. As the American states increase in population, it is evident that land can be more economically administered through scientific agriculture than by allowing it to be used wild, for the precarious grazing for herds of starveling quadrupeds.

Now, in conjunction with the above statement, comes the assurance of certain progressive investigators that "*the future is with the Vegetarians*": and that future agricultural methods will be tremendously enlarged in scope; embracing not only an employment of that magical agent "electricity" for the stimulation of plant growth, but that of artificial nitrogenous nutrition of plants, as well: that is to say, an additional supply of gaseous nitrogen will be secured to the plant, over and above the nitrates now administered through the various mineral and vegetable fertilizers. Experiments prove that the very nitrogenous legumes (beans, peas and lentils) can be made to attract an increase of gaseous nitrogen by intensive culture: and that other plants may be artificially fed and stimulated, so that they will not only yield far more frequently and abundantly than at present, but that they may become richer in fibre, more luscious in flavor and of any desired size and weight.

The resources of the Vegetable Kingdom are not yet fully made manifest. Intelligent horticulture may secure to us floral decorations of fairy-like beauty and luxuriance. Intelligent forestry may re-create the denuded American deserts, prairies and mountain slopes whose verdure has been so wantonly wasted. Intelligent farming may insure a fruitful transformation of fields and market-gardens; so that not only will no one sigh for the gory flesh-pots, but all will be as devout Parsees, reverently depending upon the bloodless bounty of the great earth-mother.

The marvellous possibilities of intensive plant-culture, as described by Mr. Bellamy in his prophetic work "*Equality*," are not

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overstated. They will be realized. And, as Twentieth century humanitarianism regards its helpful and affectionate, but speechless companions, it will exclaim with him: "poor thing! How could we bring ourselves to eat you? How could we, indeed"?

The first Beet Root Sugar Factory in N. Y. is located in Rome, N. Y. An illustrated history of this enterprize is given in the Holiday No. of the *Fruit Trade Journal*.

THE MANGOSTEEN.

The mangosteen is a fruit that transcends all others in the opinion of those who know it. Some of them have lately been sent to this country from Trinidad, in good condition, and there seems no reason why the fruit should not be successfully imported, seeing that it enjoys the protection of a thick leathery rind.—*The Echo*, London.

THE CORAL BERRY

This beautiful crimson berry is described by S. L. Watkins, Grizzly Flats, Cal., in the *Fruit Trade Journal* as of good size and deliciously flavored being a rich acid and delightful aroma entirely different from any other berry. It is used for all the purposes strawberries are. It is propagated by suckers like the raspberry.

BUSH LIMA BEANS.

The introduction of the bush varieties of Lima beans was an important matter. The labor of cutting poles and the extra labor of caring for the pole Limas made the growing of them a risk. At the experiment station it has been found that beans grown in drills produced twice as much as those grown in hills. As the bush Limas may be planted with a seed dill, in rows, and require no poles, they can be grown more profitably than heretofore. There are also varieties of bush Limas that are as large as the pole kinds, and they bring good prices in market.—*Phila. Record*.

THE OZARK FRUIT REGION.

A reporter correspondent of the *Fruit Trade Journal* claims, after traveling along the Memphis and Kansas City R. R. that this country (in Arkansas and Missouri) is pre-eminently the home for the fruit grower; that California, N. Y. and Mich. fruits are too dear for the poor of the great cities to buy, and that a fruit region in the heart of the Mississippi Valley might be developed thus making fruit cheap and abundant in all our large cities. He predicts that twenty years hence the Ozark fruit belt will be the home of King Fruit in the U. S. being within easy access to the greatest fruit markets. It is adapted to apples and peaches.

PINGREE ALLOTMENT SYSTEM.

Vegetarians everywhere use your influence with land holders in pushing the Pingree system of allotting vacant lands in city, town or country to the poor where they can raise their own vegetables. This is not charity because the land holder loses nothing while the poor are thus provided with the best food and an opportunity to earn it by working in their own (for the time) gardens. The self-employed thus have an opportunity to work and harvest on their land, while the land holder gives nothing and receives in return well kept, cultivated land, irrigated, leveled and fenced, thereby adding to the beauty of the locality, in place of uneven, weedy field, worth less on the market and a public nuisance. Let vegetarians establish bureaus where land holders could place lands at the disposal of those in need.—Ray G. Edwards, Pres't Ethical Ralston Society, Ruskin, Tenn.

The *Georgia Electric Journal* publishes a case of Diphtheria where a child given over by the doctor was given pineapple juice. It seemed to clear the throat; swallowing became easier, and the child recovered.

February,

APPLE BLOSSOM

WALTER S. WELLER.

The gentleman who has taken so much interest in our Apple Blossom page is Walter S. Weller whose picture we herewith present to the Apple Blossoms in order that they may become better acquainted. The picture was taken in 1895 at La Porte Ind., Mr. Weller came upon life's stage, Dec., 1st 1857, so that he is now forty years of age. Love for children is his predominating characteristic and being an earnest Vegetarian he takes a great interest in influenc-



ing young people to refrain from all uncleanness of the flesh. His grandfather was Rev. Henry Weller pastor of the Swedenborgian Church at La Porte. His father was John S. Weller who removed with his family to Chicago in 1873, Walter S. coming with them. On his mother's side he is related

to Bircher the celebrated artist.

The Wellers are well known in theological circles as publishers of the *New Church Independent*, a spirited monthly Swedenborgian publication, but without ecclesiastical trammels, taking an independent course in support of the system of theology and ethics promulgated by Swedenborg and illustrated in the general advance of all Christian Churches toward a recognition of the divinity of Christ as the incarnated Lord and Savior of mankind.

Walter's part in the magazine has been chiefly that of printer. He is a member of the Sixth Presbyterian Christian Endeavor Society, serving since 1890 on various committees. We sent FOOD, HOME AND GARDEN in exchange for the *Independent* and Walter commenced reading it and soon became convinced that the killing of innocent animals was unnecessary cruelty.

He believes now, after a fair trial of the Vegetarian practice: "that cereals, grain, fruit and nuts are the proper food of man." He partakes of milk and eggs but when he can obtain good substitutes for them he will discontinue them. He says: "I never drink till I am through eating. I use cereal coffee in the morning, making it pretty strong: for the other meals, milk and hot water: I never use vinegar nor condiments."

"I have had much better health since I became a Vegetarian. My headaches have not been as frequent. On one occasion I was directly exposed to malarial fever, but I did not take it. Vegetarian diet has helped me spiritually as well as physically. I have been able to curb my temper better. I am a Swedenborgian; a member of Rev. L. P. Mercer's Church, 42nd place & Berkley Ave.

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In Nov. 1895, he joined the Englewood branch of the C. Vegetarian Society, and in May, 1896, was elected Treasurer thereof. In March 1897, he was re-elected to that office which he continues to fill acceptably.

LULU WILLIAMS.

BY WALTER S. WELLER.



Lulu Williams was a bright, pretty child, five years old. She had fair complexion, blue eyes, and golden hair. She was the youngest of four children. Her sister Stella was three years older and her brothers Alfred and Edward were ten and twelve respectively. She was a Vegetarian and had the Apple Blossom complexion.

One Sabbath morning Lulu was up very early for she was to be baptized that day. She had been looking forward to this time with great delight.

After saying her prayers she began talking

to her sister who assisted her in dressing.

"If I am baptized, will it make me a good girl?" she asked.

"It ought to, dearie," replied Stella, giving her a kiss.

"I'm going to try and be *awful* good, Stella," said Lulu, twining her arms around Stella's neck.

"That's right, darling," said Stella, "but you must not forget to ask God's help."

"O, no, no, I never could forget about *that*; there would be no use in my trying all of my own self."

"That's my nice little girlie," said her mother, "you can't be really and truly good without the dear Heavenly Father's help."

"I wish I could get over being so cross sometimes," said Lulu, "It hurts every body's feelings so, when I am not kind and loving all the time."

"You *are* good a great deal of the time," said Alfred, who, with his brother, was in the room, reading some good books.

"But I want to be good *all* the time," persisted Lulu.

"If you are *too* good, Lulu, we shall think you are going to Heaven soon;" said Edward.

She behaved very nicely in the church, at her baptism. She fully appreciated the solemn service; and she felt, indeed, that she had been consecrated to God; and her parents always guarded her most carefully from evil, teaching her to "shun evils as sins against God," and guiding her little feet into the way of righteousness and holiness: thus bringing joy and peace to Lulu's heart.

In all this, she was greatly helped by her Vegetarian principles, which made her kinder toward dumb animals than most children are whom flesh-eating naturally causes to become cruel and heartless. She had never been ill at all during all of her sweet life.

IMPROVED VEGETARIAN SOCIETY MILL.

We have received the following note from the New Machine Co., that manufacture the Vegetarian S'y Mill, dated Feb. 4th, 1898:

"We are glad to know that you were pleased with the last three which we sent you and think that you will be still more pleased with these as we have made some changes in the pattern, which we think are a great improvement."

The mills have arrived and we find the improvement consists in the hopper being made one casting with the body of the mill on which it stands, improving the shape so as to facilitate the feeding of the mill. The weight of the mill is also decreased without impairing its strength.

TESTIMONIALS.

The following are all voluntary testimonials as to the value of the Vegetarian Society Mill:

Having used the mill I have no hesitation in saying that it will perfectly meet the needs of those who desire pure food supplies of their own manufacture.—Mrs. Ellen Goodell Smith in the *Fat of the Land* p. 52.

I have received the mill. I am well pleased with it. I have it set up at a friend's house who is using it.—H. J. Marty, Cleveland, O.

I ordered one of your mills in Feb. '97 and have had it in constant use in my family ever since. I could not do without it. I find the sieves unnecessary, and I am in hearty agreement with you that it is conducive to health to eat bran and all with our wheat. We are all very fond of pea-nut butter and the mill makes it to perfection. I am constantly finding new possibilities in the mill.—Rev. Elmer F. Krause, Leechburg, Armstrong Co., Pa.

The mill is here; set up and working for higher ethics and better morals among all my neighbors. I am delighted with it, for though it is easy enough for me to be a Vegetarian it is a very difficult thing for most people because whole wheat flour spoils by dampness so soon and few people can tell whether they are eating food or mere rubbish. By baking pea-nuts very brown and salting well I can grind them into paste which no meat eater can tell

from meat by look or taste.—Mrs. N.E. Arnold, Daytona, Florida.

The V. S. Mill came all right. The mill is strong and durable and will do all you claim for it. I am well pleased with it.—E. Treasure, WHAT CAN BE DONE WITH IT.

An almost endless variety of health foods can be made with this mill. The following directions for some of the products will be suggestive also of many others which an intelligent experimenter can turn out:

No. 1.—To make Lentil, Peas and Buckwheat flour, simply grind the fineness desired.

No. 2.—Whole wheat flour.—Grind the best, thoroughly cleansed wheat obtainable as finely as possible and sieve out the bran.

No. 3.—Wheatena.—This excellent food for mush is made by grinding the wheat as for whole wheat flour and sieving out both the fine flour and the coarsest bran.

No. 4.—Gluten flour.—Regrind the bran extracted from the whole wheat flour (No. 2.) and Wheatena (No. 3.) and sieve out the light bran.

RECIPES.

From Mrs. H. S. Clubb.

Graham Bread.—Take 3 lbs. fresh Graham flour, 1 yeast cake, 1 tablespoon sugar, 1 teaspoon salt and sufficient lukewarm water and white flour to form a stiff batter. Set to raise and when light knead the whole adding a little white flour to prevent it sticking to the hands. Raise again and when light, knead into loaves and raise again. When light, place in the oven and bake one hour. If accustomed to baking white bread you can take a pt. of white sponge and add Graham flour to it and make brown bread by following above recipe. It is not well to stir up Graham batter at night as it may sour.

From Miss Lilyan Richards, 132 Autumn St., Passaic, N. J.

Nut food Croquettes.—We do like your nut food very much. Sometimes we form it into little croquettes whirling it in egg and then in cracker crumbs or granola and frying in nutco. —This is good made from any kind of nuts ground in this mill.

The improved Mill is sold at the same price viz. \$4.75.—V. S. A., 310 Chestnut St. Phila,



J. H. FREEMAN.

FOOD, HOME AND GARDEN.

VOL. II, NEW SERIES, No. 15.

MARCH, 1898.

WHOLE NUMBER 88.

J. H. FREEMAN GOING TO THE KLONDIKE.

MR. J. H. FREEMAN who has for sometime filled the position of Guide on the Island of Santa Catalina, Avalon, California, was born in Ross County, Ohio, in 1862. He has developed a fine physique by his Vegetarian habits, farming, gardening, and travel afoot and awheel. He was crop correspondent to the State Board of Agriculture in Ohio. Attending the State Fair at Columbus, he obtained a first premium and diploma on County display of fruits and a silver medal for the best collection of Ohio woods. He also received a diploma on a model road bridge. At the Ross Co. Fair he received 1st premium for the largest and best Display of Vegetables raised by one exhibitor.

He has been traveling from state to state and city to city for the past fifteen years. When he becomes dissatisfied with one place he removes to another.

Mr. Freeman writes: "I can go up on the hills on Catalina Island on a clear day and see seven different islands. I came to Catalina in June, 1896, and liked it so well I just kept on staying." Speaking of a visit to Saint Nicholas Island, 70 miles away, the party "made a good find of botanical specimens and Indian relics, a botanist in the party brought away an hundred specimens of new flowers.

"Madame Blavatski," says Mr. Freeman, "says that these islands are the tops of mountains of the lost Atlantis."

Mr. Freeman also speaks of "a Society of people in California known as Fruitari-

ans who claim to eat nothing but fruit. I stopped at Summerland near Santa Barbara which is the headquarters of the Spiritualist Society. There had been a lecturer there who ate only olives for his lunch." We presume this was Rev. I. B. Rumford, author of *Edenic Diet*, who favored us with samples of his dried olives.

He wrote he had travelled in Indiana, Missouri, Kansas, Nebraska, Colorado, Utah, and California and the state of Washington, where he lived seven years, and was satisfied that Washington, west of the Cascade mountain range, taking into consideration climate, soil and natural advantages, is the garden spot of the U. S. for a Vegetarian Colony. Mr. Freeman's place was 12 miles from Seattle where on five acres he raised fruit and vegetables continuously without a single failure during the seven years he lived there. One man made \$1000 from one acre of strawberries during the booming of Seattle. Seattle is booming still and is now the most prominent shipping point in the North-west. It is believed that it will become the great Western metropolis of America.

The Klondike region has made Seattle its most favorite source of supplies and is the best located for parties embarking to the gold fields.

Mr. Freeman has left his beloved Catalina Island and is now preparing to migrate to the Klondike Region. By a letter dated Seattle, Jan 26th, 1898, we learn that he has caught the gold fever and intends to go

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to the Klondike. He writes: "I do not intend to take one pound of meat of any kind, I intend to take foods that have the most carbon in to produce the heat. By not using meat I wont have to take any scurvy cure with me, which is advertised here as very necessary to include in the outfit for Alaska. The meat eaters argument is completely overthrown by the fact that vegetable food contains in the aggregate as much carbon as animal. Thus roasted flesh contains only 52 per cent. of carbon, while eggs contain 53 and bees'-wax 81. The albumen of wheat contains 55 per cent. and of almonds 57, of carbon, starch contains 44 per cent. and the amount of carbon contained in four pounds of starch equals that contained in thirteen pounds of meat. Indian corn contains a great amount of carbon. Abstract the water from N. O. Molasses and the remainder is carbon. Molasses and Indian meal furnish a good winter diet.

MY OUTFIT FOR KLONDIKE.

LIST OF FOOD FOR ONE YEAR.

- 400 lbs. flour, whole wheat.
- 20 " corn meal, yellow.
- 40 " rolled oats.
- 25 " rice.
- 100 " beans.
- 50 " sugar, granulated.
- 2 " soda
- 20 " salt.
- 1 " cayenne pepper, germ killer.
- 50 " evaporated apples.
- 25 " " " peaches
- 10 " honey.
- 10 " almonds.
- 20 " black figs.
- 20 " evaporated apricots.
- 10 " " " pears.
- 50 " prunes.
- 5 " raisins.
- 5 " evaporated onions.
- 50 " " " potatoes.
- 25 " " " corn.
- 20 " Coffee, Cereal.
- 10 " Soup, Veg.
- 50 " Butter.
- 2 gal. Olive Oil.
- 2 " N. O. S. Molasses.
- 2 Bottles Jamaica ginger.
- 1 qt. evaporated Vinegar.
- 2 gross Matches.

- 50 cakes Ivory Soap.
- 20 lbs Candles.

CLOTHING &C.

- Heavy Mackinaw Suit.
- Heavy Underware.
- Heavy over Shirts.
- Heavy Sweater.
- Fur Cap.
- Wool and Leather Mittens.
- Heavy Wool Socks.
- Rubber Hip Boots.
- Heavy Leather Shoes.
- Overalls.
- Mosquito netting.
- Sewing and Repair Kit.
- Heavy Blanket.
- Artic Down Sleeping Bag.
- Sled and Tools.
- Tent.
- Thermometer.
- Kodack.
- Oiled Coat and Pants.

"I could go in with the government party but I am not ready and expect to go the first of March. I go in over the ice and pull my own sled. I expect I will find the climate quite different from that of Santa Catalina Island, Cal. We are having a very open winter here in Seattle. I didn't mind the change from California up here. I came up here in December. I have converted four to quit eating meat since I came to Seattle."

We have given these particulars as they may be useful to others who desire to go to the new Land of Gold. We trust that when our Vegetarian explorers have become rich, they will contribute liberally in support of the Vegetarian cause.

CURED OF SQUIRREL HUNTING.

Rev. H. D. L. Webster of Oak Park, Chicago, relates that one day while pursuing his favorite pastime he wounded a young squirrel which fell from the top of a tree and caught in the lower branches. As it hung there by its fore feet it uttered most piteous cries, and seemed to be looking directly at him with reproachful eyes. So human and touching were its look and appeals that it made an impression on him to last his life.

March,

FOOD HOME AND GARDEN

BOSTON BRANCH V. S. A.

The first regular meeting of the Boston Branch V. S. A. was held at 200 Huntington ave. on Sunday Jan. 9th, 1898. After adopting a Constitution and By-laws the following officers were elected: Leo Wiener, President; Wm. D. Brewer, Jr., Secretary and Treasurer. It was voted to hold regular meetings at same place on the second Sunday of each month at 3.30 p. m. An excellent address on the general scope of the Vegetarian movement was then delivered by Mr. Wiener, who is a Vegetarian of eighteen years experience both in Europe and in this country, and instructor in Slavonic languages at Harvard.

WESLEY'S LATTER DAY GLORY.

BY MARY F. SELBY.

FOOD, HOME AND GARDEN for February came yesterday and I opened it immediately hoping to see an answer to Mrs. Stafford's interesting communication, in the January number, but I failed to find a word and have decided that this neglect to comply with the Editor's request means that all the readers of your paper need to hear something from me once more about what we are to expect from the new dispensation that has already dawned. I have had the great pleasure this winter of reading John Wesley's sermons on the "New Creation" and "General Deliverance" and they have strengthened my belief in the complete redemption of the earth and the people, with all creatures.

Wesley takes for his text: "Behold I make all things new," and proves to my satisfaction from the Bible that the whole groaning creation will enter into the glorious rest. The Scorpion's sting, the adder's teeth, and the lion's claws will not hurt or grind or tear, so that I think we may all

conclude with reason that the old hens and chickens will have no taste for squirming bugs and kicking spiders, and there will be no poisonous worms on the grass to defile the cows or spoil the milk, when the curse is fully lifted. And we surely believe that there will come a day when there will be "no more curse." If we read the signs of the times aright we see that the day has dawned. Wesley believed that he saw the beginning of "the latter day glory." It cannot be very long before we can eat butter and honey in peace as the Scriptures teach, and the flocks that range the valleys free we will not condemn to slaughter, because the power that pities and loves us will make us pity and love them more than Goldsmith ever dreamed of in his day. Think of the nice puddings with milk and eggs, fruits and grains, cooked by electricity, and eaten in co-operative restaurants, surrounded by flowers and pictures and music and filled with joy while we go in companies to lectures and libraries and galleries, with companions like our valued friends: Parker Pillsbury, Dr. Peebles, Countess Wachtmeister, Mrs. Stafford, the faithful editor of FOOD and all the rest of us small and great, whether in or out of the body. What a company! How my whole being thrills with the thought of the glory to be revealed in us.

Many are prophecies for 1898. Let us seek for the wonderful riches of our inheritance with all the earnestness of those who are seeking for gold and we shall catch such glimpses of glory before another year comes in that the nations will see their king and confess that he is Lord of Lords, as well as King of Kings. All sing with me every morning of this year:

Praise God from whom all blessings flow.

Yours with peace and joy that cannot be expressed.—M. F. S., Richmond, Ind.

FOOD HOME & GARDEN

BUTCHERING DAY NEVER COMES.

We are strict Vegetarians. Butchering day never draws nigh. Have my own mill for grinding Graham. Have no medicine in the house and no use for a Doctor.—J. W. Dunmire, Kappa, Ills.

THE WEEK'S BICYCLE RACE.

A meat eater remarked at a recent dinner I attended that at the one week's Bicycle Race in N. Y. the final winner was a non-meat eater.—Henry P. Porter, 136 Sheldon St., Providence, R. I.—Will our N. Y. friends put us in communication with the party here referred to as the final winner?

"A GOOD & PERFECT GIFT."

The following beautiful tribute, the result of a year and half's experiment will be read with great interest: "Sister Hattie and myself have been strict Vegetarians for a little more than one year and a half and we think there cannot be enough good said for the cause. I believe it to be a good and perfect gift coming from the 'Father of Lights.' We eat no flesh nor animal products, and hope to continue in this way while life lasts."—Fannie Eberhard, Clarence Center, N. Y.

A VEGETARIAN AT KLONDIKE.

I have just received a letter from a friend who went to the Klondike in the summer. He withstood all the hardships of the trail and passes never being ill a day and up to his last writing had not tasted flesh in any form. He means to prove that one can live even in that country on natural food. He will in the spring give me a full account of his diet and health during the winter. I will be pleased to submit the letter to you should it prove of interest and I think it will for he is correspondent of the *N. Y. Times*.—Mrs. F. W. Swanton, Minneapolis, Minn.

COLLEGE OF OCCULT FORCES.

There are rays of light called "Ultra Violet" of so high a rate of vibration that they are invisible to the eye. There is a range of tones too high for the human ear to hear, and there are forces at work upon every human life whose effect will surely bring happiness or misery, success or failure, but whose very existence is denied by many men who are called scientific: hence the occult forces.

Because these Occult forces are unseen and silent in their operation it does not follow that they can safely be ignored. In fact an understanding of them adds more of happiness and power to life than any amount of intellectual or technical knowledge concerning the things which we can see, and weigh, and measure.

There is a power that is more desirable than the possession of riches; there is a happiness greater than worldly honors can confer. When a man's true life work is found and his daily labor becomes a daily joy; success in his business will come as a matter of course; when the soul power, which lies unused and dormant is quickened into life, the true secret of happiness is ours.

The work of The College of Occult Forces is to teach practical methods of developing this Soul power by exercise as simple yet just as certain as those by which an athlete develops his muscular powers. These Occult Forces are only hidden because the Soul Powers are not sufficiently quickened; when the awakening takes place a whole world of possibilities rises before the aspiring student. Personal magnetism is only a name for a power which any one may learn how to exercise, and when the science of Living, as taught by the College of Occult Forces is universally adopted, then universal health and a joyous life will be enjoyed by all. Every student who graduates

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becomes a Vegetarian, and in that way alone is the highest attainment possible, for a Vegetarian diet is closely related to good health and that serenity of mind which natural living brings. Vegetarianism is the open gateway to the higher life but it is only the foundation stone which makes the skilful and effective use of the Occult Forces of Life possible. All inquiries regarding the work of this College may be addressed to the principal :—William C. Ferris, Chicago.

SUPER-COOKED FOOD.

Mr. Trinder of London, Eng., has kindly sent *The Echo* containing Ellen S. Gaskell's article on "When and What to Eat" in which the subject of starch-digestion is ably discussed, suggesting that the secret of starch digestion is to have all foods in which starch predominates, super-cooked. The modern necessity for this is thus ingeniously accounted for: "In the days when competition was less severe, when towns were smaller, and people lived more in the country, with less pressure round and upon them, there was less drain of vital force, therefore the digestive organs were capable of a greater amount of work than they can accomplish at the present day when so much vital force is necessarily drawn away from the physical to meet the strain upon mental and nervous powers. Therefore, nowadays, it is advisable that half the work of digestion should be done upon the food before it is consumed; otherwise the strain on brain and nerves, added to the strain on the digestion, must inevitably cause a breakdown affecting all three."

The writer then states the positions of Dr. Densmore and what she calls the Vegetarian in relation to farinaceous food, regarding them as antagonistic. Yet she admits that both are true, and she thus relates her observations and experience :

"Everywhere one sees suffering in the shape of colds, and all the diseases which have their beginning in chills; my experience, and that of others known to me, goes far to convince me that all these are caused wholly by the starchiness of insufficiently cooked cereal food. Yet, everywhere, one sees also that, for many reasons, cereal foods cannot be done away with at any rate for some time. Having some years ago realized that health and disease are equally the result of foods, and being determined to recover health, I began to study the different theories of diet as I came to hear of them; and I have experimented on myself, closely watching effects. I began to revive upon giving up meat. Still I continued to have the old-fashioned influenza colds that have so constantly troubled me. I then gave up all cooked food, and adopted entirely a nut and fruit diet. This suited me in many ways, but I found I often had a desire for bread or other cereal food, and I also found that it was a diet much too expensive and inconvenient under present conditions. I was, therefore, compelled to return to cooked cereals, with an immediate recurrence of the colds."

The writer then refers to Dr. J. H. Kellogg's contention "that all cereals should be cooked from three and a-half to four hours. This transforms the starch into dextrine and soluble starch, so that it digests as easily as the sweet fruits." and remarks: "Here, then I thought, is a theory that may become the reconciler between the two opposing ones of cereal and anti-cereal, and I felt eager to test the truth of the assertion upon myself. I began experimenting by taking a plentiful diet of cereal food cooked for four hours. I had no cold that autumn, though I had never before passed a November without one; and I have had no cold while so living."

FOOD HOME & GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications for the Editor to be addressed to
1023 Foulkrod St., Station F, Philadelphia.

REV. HENRY S. CLUBE, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
12 insertions \$1.00. For 12 lines 1 insertion \$1.00.
For 12 insertions \$10. Per page, inside, \$18, outside,
\$25.

An old sea captain says the only sure preventive of sea-sickness is careful dieting.

A family of five persons were poisoned in Paris by eating fresh Crawfish that had fed on decayed matter.

Dr. Mary E. Green claims that domestics who do the cooking should receive a thorough scientific education as much as the nurses.

Miss Lilyan Richards to whom we sent some nut food produced on the Vegetarian Society Mill writes that she used some of it in making croquettes and they were perfectly delicious.

Dr. H. S. Chase died at St. Louis, Mo., Tuesday, Jan 4th, 1898. We wrote his widow to obtain portrait &c. but received no reply. The Doctor lived to the age of 78 and his life was one of self-sacrificing devotion to the good of others.

Mr. Freeman and other Vegetarians are preparing to go to the Klondike region. One Vegetarian has already gone through all the hardships without a day's sickness and is still writing for the N. Y. Times from the land of gold.

Mr. Baldoser in this city has a Vegetarian Society Mill. He is making experiments with grinding various kinds of nuts and has succeeded in producing a very nice article which he intends to put on the market.

Orders are coming in for it already from those who have tried it.

A writer in a St. Paul paper argues that as all animals must die their slaughter for food consequently does not inflict upon them a fate they would otherwise escape. How would this writer like to have this principle applied to himself? This argument would justify all kinds of cannibalism.

The best cooks commenced by trying to use nut food to imitate the flavor of various kinds of flesh: chicken, mutton, beefsteak &c. but they found that far better flavors than these have been obtained and nut food is now regarded as presenting the finest opportunity for displaying the highest gastronomic art.

We call attention to the advertisement of Messes Farwell & Rhines, Watertown, N. Y. of their DIABETIC FLOUR. We have tried it and find it makes an excellent brown bread and have no doubt its general use would do much to promote the general health and freedom from diabetic troubles. Give it a trial!

The manufacturer informs us that he has improved the Vegetarian Society Mill in several particulars and the mills he is now sending us are the improved pattern. People often write us about mills advertised by others. We do not know anything about them and can only guarantee those supplied by us. We will furnish printed information on application.

The *Boston Herald*, *N. Y. Herald* and other newspapers report that a Baltimore inventor has discovered a process of making butter direct from the vegetables that constitute the usual food of cattle. That Electricity is the force employed and the results are quite satisfactory. The influence of the electric light in this process is quite

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remarkable. Thus Vegetarianism is being promoted by the discoveries of science.

ARKANSAS FOR FRUIT GROWERS.

Mr. Wm. G. Whipple Registrar of the land office Little Rock, Ark. informs us that he has now 627,675 acres of excellent fertile land in Arkansas open to homestead settlers. It is distributed over 41 counties. Much of it is adapted to raising apples, grapes and small fruits. Its proximity to good markets makes this land very desirable to settlers.

SUPER-COOKED OR UNCOOKED ?

The idea of super-cooked food as advanced by Dr. J. H. Kellogg and recommended by Mrs. Gaskell does not agree with the doctrine advanced by Thomas Tyron that cooking food destroys its vitality. Mr. H. Alden Spencer, 50 E. 9th St., N. Y. maintains that wheat uncooked is the ideal food and he intends to make the journey round the world on that diet. He says a man living on wheat alone can enjoy life and spend only \$10.00 a year for food.

HOW TO BREAK WHEAT CORNER.

Mr. C. Wood Davis attributes the low price of maize in comparison with that of wheat to the substitution of lard made from cottonseed oil for the product of the hog, and the use of cottonseed meal for cattle feed. The high price of wheat, caused by the corner of Chicago speculators, may be advantageously offset by a more general use of corn meal for food among the American people. Mr. D. calculates that the product of nearly 10,000,000 acres of maize has been dispensed with by the utilization of the cottonseed.

HELEN OF TROY REINCARNATED.

Paul Tyner in his paper on "Reincarnation," in *The Temple* for Dec., 1897, relates that Dr. Henry Schliemann married a beau-

tiful Greek girl whom he recognized as a reincarnation of Helen of Troy whom he had loved and lost three thousand years before. That they remembered through love's recognition. Dr. Schlieman's success in explorations on the site of ancient Troy was attributed to his memory of his former incarnation. The idea of marrying after three thousand years from first acquaintance should encourage unsuccessful lovers to persevere.

SEND NAMES.

I send my FOOD, HOME & GARDEN after I read it to some of my friends. "Line upon line, precept upon precept, here a little and there a little." They may be helping some weary soul to a better way of living. It is a great deal to know that it is not absolutely necessary to eat meat. Some of us have thought for a long time that it was.—Mrs. C. F. T., Central Falls, R. I.—If our friends would all send us the names and addresses of those they desire to influence in this direction we would gladly send sample copies of them so they can keep their own.

VEGETARIANISM A NECESSITY.

Prof. Wiener of Harvard in his inaugural address as president of the Boston Vegetarian Society treated the subject from the different standpoints of health &c. but rested mainly on the position that increase of population, in accordance with the Malthusian doctrine, will inevitably force Vegetarianism on the inhabitants of this planet whether they like the diet or not. It is true flesh meat must eventually be abandoned, but the period when it must be remote and cannot be depended on for many generations. The benefits of such abandonment are however too numerous to be dispensed with by intelligent people of the present period.

HOME DEPARTMENT

GREEN AND WHITE LUNCHEON FOR 17TH OF MARCH.

Potato and Parsley Balls Spinach Nut Croquettes.
Celery Rice and Peas Salad Spring Onions
 Olives
 Whole wheat Bread
Canned Green Gages Pistachio Ice Cream
 Silver Layer Cake
 Kneipp Coffee
Table Decorations: Asparagus Fern and White Roses

RECIPES.

Rice & Peas Salad.—1 cup rice, 1½ cups boiling water; boil rapidly in a small tightly covered saucepan until done. Season with salt, pepper and butter. Drain the liquor from a can of peas, rinse in cold water, put on to heat with 1 tablespoonful butter, salt, pepper and sugar to taste. Arrange a portion of the rice on lettuce leaves, make a slight depression in centre, into which pile a portion of the peas. Sprinkle with grated cheese.

Pistachio Ice Cream.—¼ lb. of pistachios, ¼ lb. Jordan almonds, 1 teaspoon extract of almond, 1 pt. cream, ¼ lb. of sugar, spinach coloring. Blanch and chop the nuts very fine, pound them in a mortar, or simply grind them in a mill, adding gradually the almond extract. Mix the sugar and cream together, add the nuts and sufficient spinach coloring to make a pale green, and freeze.

From Alice B. Stockham, M. D.

Nut Salad.—1 cup English walnuts, 2 cups apples, 1 cup celery. Chop separately, mix and serve on a leaf of lettuce with salad dressing.

Nut Croquettes.—Two cups chopped hickory nuts or English walnuts, 2 eggs, well beaten, 2 cups bread crumbs, 1 cup sweet milk, 2 tablespoons butter. Season with salt, pepper and a little sage. Make in oval cakes and fry in butter. The same

recipe may be made in a loaf and baked in oven.—Nuts for croquettes are best ground.

The foundation of a happy home is laid in the kitchen.—Marion Harland.

EDIBLE FUNGI.

Miss Mary Middleton in sending extracts in regard to the Mushroom writes: "I have long considered the common mushroom (*Agaricus Campestris*) valuable food for Vegetarians and last fall added to my bill of fare "puff balls" and four varieties of toadstools which proved very delicious. All readers of **FOOD, HOME & GARDEN** should at least know and enjoy the common field mushroom which was quite abundant in the vicinity of Philadelphia last year."

LEMON VERBENA BEVERAGE.

The lemon verbena is cited in a paragraph from *Vicks' Magazine* in a recent number of your paper, merely as a fragrant leaved plant. It has however, economic uses better known to Latin nations (Portugal, Spain, Southern France) than to Northern countries; to wit: domestic lemonade can be cheaply prepared by steeping mature (yet fresh) leaves picked from a strong plant of *Verbena Triphylla* in hot water. Cover the vessel, let cool, for improvement add concentrated orange juice shortly before serving, stir well to blend, sweeten to taste. A palatable beverage. A few vigorous plants costing about 20 cts. each might be had the year round, serving in rotation. Those resting, if well cared for, by manuring suitably, will soon recuperate for further picking. When lemons, limes or oranges are out of season or high priced the lemon scented verbena is an acceptable substitute.—R. Hecker.

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CONVENIENCE OF SUPER-COOKING.

BY MRS. ELLEN S. GASKELL.

Many people think that cooking for so long a time must entail much more work, but it is not so. Cooking for several hours necessitates the food being placed in covered vessels, and subjected to the heat of boiling water or steam. I use a "Yankee Idea," four-decked cooker. All pulses, and most vegetables, I find are best cooked in very little water in covered vessels in the oven, a dry heat bringing out their flavour much better than a moist heat. All cereals and potatoes are best cooked in a moist heat. When rice has been steamed with milk for four hours it requires no sugar as the long cooking has sweetened it, and this is in accordance with Dr. Kellogg's theory. Beet and parsnips when washed and baked whole in their skins are greatly superior to when boiled or steamed. Cauliflower, marrow, &c., when slowly cooked, with little water, in the oven, have a much richer flavour than when boiled, and require no additional salt as their soluble salts are retained.

Now one great advantage of super-cooking is that all things so cooked keep good for a much longer period than when ordinarily cooked, and keep their special flavour. I rarely have a coal fire more than twice a week, each time cooking sufficient for the following intervening days. At present I make bread once a week. In this way on five days in the week all I have to do is just to heat something in frying-pan or saucepan, or in basins in the cooker over an oil stove.

I call it good results to attain to such health and intensity of vitality as I am now enjoying after years of vain struggling for recovery of health by means of drugs. To keep my own house in order and yet not be a slave to it all day, and every day; to

have good, wholesome, and delicious food and yet not have to pin my thought to food continually; to be so free as to have a fullness of mental life and association with others, I call this good results.

I often think how easy it would make life for many who are now overwhelmed with needless work if this new method of cooking and dieting were generally adopted, privately at first, until people arrived at one meal a day as voluntarily as we did, and then have restaurants to supply this one meal. There would then be no need of kitchens and cooking in private houses.—*The Echo*.

EAT FRUIT.

To retain and even acquire a good complexion eat plentifully of fruit. This is better than any outward applications. All fruit is good when in season, but the best of all are those in season at the present moment, as apples and oranges etc.

PEANUT INDUSTRY.

The first peanut oil factory in the United States will soon be established at Norfolk, Va., with a capital stock of \$60,000. The company has issued a prospectus in which they calculate that the receipts from five tons of peanuts will amount to 225 gallons of refined oil, at 50 cts. per gallon; 3,680 lbs. of flour, at 2 cts. per lb. and 3,680 lbs. of meal, for stock feed, at 60 cts. per hundred, which will make the gross receipts \$415.90 per day. It is estimated that this will give a yearly profit on a five-ton factory at \$19,725. Peanut flour can be used for making bread, cakes, biscuits, etc. and is one of the favorite articles of food in the hospitals of Germany, according to the report of one of our consuls.—*New Ideas*.

PEANUT SOAP.

It is said that much of the imported castile soap is made of the oil obtained from African peanuts. It is now proposed to make the soap in America from the oil of Virginia peanuts.

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THE INFLUENCE OF FOOD UPON CHARACTER.

By T. R. ALLINSON, M. D.

Naturalists know that if the pupa of the ordinary bee is fed on Queen Bread it develops into a queen bee and not into an ordinary bee. Observant people also know that when their household dogs are fed on meat they are more vicious and uncertain tempered than when fed on non-flesh food.

Believing as I do that man is frugivorous by nature, then it follows, if such a belief be correct, that man will only attain his highest development of mind and body when he confines his diet to that obtained from the vegetable kingdom. In the British Isles we have, roughly speaking, three nationalities. The Scotchman is the tallest and heaviest; the Englishman is second in weight but third in height; whilst the Irishman is second in height but the lightest in weight. The Scotchman is learned as a rule, and fond of an argument. The Englishman is reserved, and inclined to be choleric; whilst the Irishman is credited with being a jovial and light hearted individual. We know that Sandy feeds much on oatmeal; John Bull eats largely of flesh; and Pat mostly eats potatoes. If a fairly healthy child be fed upon proper foods, at proper intervals and not given too much, he should grow up to be about five ft. eight in. high and weigh between 140 and 154 lbs. At 25 he should have all his teeth in his jaws, be sound in wind and limb, have all his senses in good working order. To attain a perfect bony structure the young must be fed oatmeal, wholemeal, barley meal, maize, or some other farinaceous flour. If the husk or protecting part of the grain be removed then the food is not rich in bone-forming material. Children brought up on white bread and given the starchy product

of the grains do not get enough nutriment for their bones.

When a child is fed on foods which contain all the nutriment required by the various organs, it will be in good condition and able to see the relation of itself to its surroundings. Its blood being pure and containing the right constituents will nourish the brain and the child will learn its school lessons properly, and will also take in quickly the lessons to be learnt from all nature around it. But when a child is improperly fed, much of its energy is wasted in digesting, absorbing, and destroying the wrong foods taken. This will result in the child being slow at learning. The properly fed child is full of life, fun, and mischief, and when its life is properly guided will grow up an intelligent citizen and a humane person, considering the rights of others as well as his own. He will enjoy himself in a rational manner and not interfere with the enjoyment of others. But the badly and improperly fed person will become peevish, selfish and exacting. He is the only person to be considered, and he tries to get everything for himself.

Those who have experimented with a non-flesh diet have found the brain becoming clearer, the ability to study increased, the spirits brighter, and the temper milder and more under control. The sleep refreshes more. The influence of tea and coffee is to excite the brain, cause us to build castles which are very real at the time, but when the action of the nervine irritant has passed off these castles are found to be castles in the air indeed. Flesh meat of any kind makes the eater acquisitive and regardless of the rights of others. But a man who lives on a non-flesh diet will have a clear brain in a healthy body. He will work enough to produce food for himself and his family.

—4 Spanish place, London, W. Eng.

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THE VEGETARIAN'S DELIGHT CABBAGE.

By THEO. KOSS

I promised the readers of F. H. & G. a few months ago, to give a full description and illustration of my new Cabbage—The Vegetarian's Delight. In keeping my promise I will at the same time add general instructions for the cultivation of the same.

It is with pleasure that I offer this new late Cabbage to the public, for I am positive all will be delighted with it, especially my Vegetarian friends. It makes a very hard head of good size and extraordinary weight and is remarkable for its keeping qualities when buried over winter.

It is a grand sort for gardeners for spring sales after all other kinds are gone, when it will command a high price, owing to its dark green color, size and quality. The Vegetarian's Delight Cabbage will certainly prove to be the most profitable variety of cabbage to grow, for the private garden as well as for market.

There is no vegetable which shows more plainly the difference in character and quality than the cabbage. The requisites for complete success are: First, good seed; there is no vegetable where the seed has more influence on the quality of the product than this, and planters should invariably select the best procurable. Second, rich, well prepared ground. Third, frequent and thorough cultivation. A heavy, moist and rich loam is most suitable, which should be well fertilized and worked deep.



The seed of the Vegetarian's Delight Cabbage should be sown in the open ground in May, in this latitude, or as soon as the soil is warm enough and in condition to receive same—taking care not to leave the plants stand too closely, as this makes them "spindling." When five to six inches high, transplant in rows two feet apart one way and about eighteen inches the other, burying the first leaf. Hoe every week, drawing the earth up about the plants until they begin to head, then give thorough and final cultivation and leave same to nature.

If you wish to preserve them for the winter use, pull out when dry as possible and invert the heads to drain for several hours before burying them.

One ounce of seed will produce 1,500 plants; $\frac{1}{2}$ lb. in beds to transplant, for an acre. The publisher of F. H. & G. will offer the seed of the Vegetarian's Delight Cabbage as a premium, it can also be had direct from me at 10 c. per packet, ounce 25 c. $\frac{1}{4}$ lb. 75 c. 1b. \$2.50.

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MONEY FROM SUNFLOWERS.

A Long Island farmer, who had more land than he knew what to do with, has put forty acres into sunflower cultivation. A fine table oil, worth \$1.25 a gallon, is made from the sunflower seeds which yield two and a half gallons of oil to the bushel. The estimated yield of 100 bushels of seed to the acre should give a handsome profit on the oil.—St. Louis Globe-Democrat.

CHESTNUT CULTURE.

Mr. Frank M. Bartram, of the Parry Nurseries, of Parry, N. J. recommends the purchase of land on which chestnut stumps are abundant as the suckers growing from the stumps form excellent stocks on which to graft any of the improved varieties of chestnuts. Such land is common in Pennsylvania, and can be had at low figures.

Chestnuts form a profitable crop. One man made more from one tree than from the ten acres of wheat on which the tree stood.

The care and culture of chestnut trees after they begin to bear is very inexpensive.

A MOSS FERTILIZER.

Sphagnum (moss) by its tendency to impoverish the soil immediately beneath, might yet serve as an absorbent and a tamer of wild earth, a drainer of land requiring drying. Many acres are so located that there is no readily practicable outlet. If this moss, wherever easily got, were to be dug into trenches (blind ditches) at intervals of space dictated by circumstances, the relieving process may obtain. The experiment should be made when low lands (bogs) are most accessible. Or, sphagnum might be treated with the famous lime and salt mixture (Mapes's notion) and so fitted for a desirable fertilizer (a progressed primary) for top dressing &c. Sphagnum has been highly recommended for bedding horse stables, being wholesome to equine's feet; deodorizing, and so preventing the fly nuisance.

Will some of you subscribers report thereon in all or any of the aspects above stated?—R. Hecker.

APIOS TUBEROSA.

Sylvester Baxter, in *Garden and Forest*: This beautiful wild plant, clambering over the wayside shubbery in many parts of rural New England, with its luxuriant habit and the exquisite scent of its chocolate-colored flowers, is familiar to all who know the country. But its curious tubers, strung along the underground shoots like beads on a string, are not so commonly known. I dug up a few they were about the size of small seckel pears. I baked them for about fifteen minutes and found them delicious. When done they were mealy and creamy white in color. Their flavor was strikingly delicate; something between that of a very fine potato and a sweet potato, with a suggestion of the chestnut, also.—In *Gray's Botany* the Apios is called a Ground-nut.

CUTTING HAY ON ICE.

In the course of some litigation at Milwaukee, concerning the drainage of Muskego Lake, in southeastern Wisconsin an interesting fact was brought out. It appears that the farmers living around the lake have been deriving a neat revenue each winter from the lake by harvesting hay on the ice.

The shallowness of the water in the lake bed causes the grass growing on the bottom to project considerably above the surface and when the ice forms, the hay can be cut with great ease, though it cannot be gotten at the rest of the year, on account of the boggy nature of the lake bottom.

One of the witnesses, James Malfa, testified that he could cut the hay on the frozen lake, before the drainage destroyed it, as though he was working on an ordinary hay field. The hay was sold to Milwaukee merchants for shipping purposes.—Theo. Koss, Milwaukee, Wis.

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SWISS VEGETARIAN SETTLEMENT.

Miss C. Kofel writing from Heimgarten, Zurich, Switzerland, Jan. 16, 1898: "I know you have always taken great interest in the doings at Heimgarten (Home-Garden). It was a very busy year for me, as I did the greater part of the work in my lot myself. In the spring I planted over 1000 berry bushes, cut and pruned the little trees, nearly 300 of them. Then I sowed and planted peas, beans, potatoes, cabbage, cauliflower, tomatoes etc. I also had some very pretty flowers. Everything grew nicely, I had some splendid strawberries, also quantities of gooseberries and red currants. What grew best of all, however, and gave me most to do, were the weeds. I took most care of the trees, gathering off the caterpillars and other noxious insects. During my stay in London attending the International Veg. Congress a good many tomatoes were spoiled.

"This summer a large three-story house was built by one of the members and the foundations for another one were laid in the fall. So things look prosperous."

NITROGENOUS ALIMENTATION OF PLANTS.

BY ROSA G. ABBOTT.

Electrical stimulation of plants, (viz.: the application of strong electrical illumination, together with the passage of electrical currents through chemically charged soils) is one of the methods by which the latent resources of the vegetable kingdom will be materialized during the coming progressive century.

But perhaps an even greater interest attaches to the question of securing an increase of nitrogen for the purpose of augmenting plant nutrition. Nitrogen is equally indispensable to animal and vegetable existence. It is a gas, which mingled

with oxygen, forms the atmosphere which we breathe, and upon which life depends in far greater degree than upon the grosser foods. One may refrain from eating for a considerable period of time with little harm to the system, but breathe one must.

Now, there are various ways of securing nitrogen to plants. Nature provides it in snows, rains, dews and fogs. Hoar frost is rich in nitrogenous compounds; and when it is deposited into stems and tree branches, it absorbs from the air a large quantity of nitrogen which, after a thaw, it gives to the soil for plant roots to feed upon. Forests accumulate in this way a large nitrogenous reserve: far greater than is found in sparsely wooded regions.

The nitrates, (or salts of nitric acid) are given to plants through the ferments which exist in all soils, and through ammoniacal compounds. Nitrogen is also found in combination in many animal substances. Gaseous nitrogen exists in the atmosphere, and is present in solution in earth and water. It is the latter form of nitrogenous alimentation that twentieth century science will especially endeavor to secure in greater measure for the green plants: viz.: those growths whose tissues contain the coloring matter called chlorophyl. These plants are said to be incapable of assimilating nitrogenous aliment directly from organic compounds such as the farm manures. The essence they require can be immediately absorbed only in the form of mineral matter. French scientists describe the following mode of procuring an increase of gaseous nitrogen. It is well known that the legumes, (beans, peas, lentils, etc.) thrive in poor soils which are ill adapted to many other vegetable growths. The roots of certain of these legumes present a novel aspect. Among the hairy root-fibres are seen little clusters of fleshy tubercles, the

FOOD HOME AND GARDEN

tissues of which are alive with tiny organisms known as the *Bacteria radicolus*. These germs establish themselves upon the leguminous roots, forming the protuberant tubercles about themselves as a protection. They do not injure the plant in the slightest degree, but on the contrary, it is demonstrated that, in some occult and miraculous manner, they aid the plant to draw gaseous nitrogen directly from the air, earth and water. A dying, yellow legume may be revived in the following way: Take a quantity of earth from a garden of healthy peas, or other thrifty legumes. Dissolve this earth in water and shower the faded plant with the infusion. It will soon revive and become vigorous and fruitful. An examination of its roots will discover the establishment of new tubercles containing living bacteria which passed into the soil with the earth which was taken from the healthy plants.

Legumes then, have two kinds of roots: one being the ordinary root of hairy fibre, the other discovering little fleshy tubercles made by the association of the helpful *Bacteria radicolus* with the root tissues.

All microbes are not necessarily harmful or bad. Many of them are of extreme economic utility. They are in fact, Nature's agents, invested with power to reorganize and to clear away decomposing matter: now seeming to aid disintegration, again appearing to urge on reconstruction. The earth-worm, the maggot, the microbe are among the great world forces, and are ultimately beneficent. The instance cited is an illustration of true *commensalisme*, or auxiliary comradeship. The *Bacteria radicolus* finds a home upon the leguminous roots, and in return, it most marvellously and mysteriously assists the plant to absorb increased quantities of gaseous nitrogen from earth, air and water.

ARIZONA FOR FRUIT GROWING.

Mayor O'Neil of Prescott writes: This city is in a high section of Arizona but, though parts of the summer are warm, eight months are delightful. Has resided 20 years in Arizona and California, and several years ago bought 1400 acres of land along the Gila river. There oranges and lemons also figs and grapes prosper, with the advantage over California of being in the market from 4 to 6 weeks earlier than the fruit products of that state. In addition all the cereals of the temperate and northern belt and zone can be grown. It is irrigated land with an abundant water supply. The soil is of the same character that is selling unimproved in California for from \$50 to \$100 per acre.

Mayor O'Neill would be pleased to have a colony come to buy or rent his land. He suggests getting from the Secretary of the Interior (Washington, D. C.) a report by the governor of Arizona conveying an idea of what can be realized in the territory.

Mr. Hecker, who sends us the foregoing, adds: "The Gila bend country has a future all the more now that climatic vicissitudes in Southern California have drawn restrictive barriers to orange production and thus narrowed the reliable belts and sections. Sudden frosts are doubtless not occurring in the zone where said 1400 acres lie."

GRAPE NATURAL FERTILIZER.

There are plantations so far up hill, and so difficult of access that the carrying up of the conventional manure in baskets is impracticable. The vintners (Winzers) resort to digging trimming (canes) and foliage into the soil. With this modicum of help the plant must be content. The location, as to fitting soil, sunlight and purity of the atmosphere compensates. No mildew occurs there. Such refuse is not rank, overstimulating but commendable.—R. Hecker.

March, 1898

IMPROVED VEGETARIAN SOCIETY MILL.

We have received the following note from the New Machine Co., that manufacture the Vegetarian S'y Mill, dated Feb. 4th, 1898:

"We are glad to know that you were pleased with the last three which we sent you and think that you will be still more pleased with these as we have made some changes in the pattern, which we think are a great improvement."

The mills have arrived and we find the improvement consists in the hopper being made one casting with the body of the mill on which it stands, improving the shape so as to facilitate the feeding of the mill. The weight of the mill is also decreased without impairing its strength.

TESTIMONIALS.

The following are all voluntary testimonials as to the value of the Vegetarian Society Mill.

Having used the mill I have no hesitation in saying that it will perfectly meet the needs of those who desire pure food supplies of their own manufacture.—Mrs. Ellen Goodell Smith in the *Fat of the Land* p. 52.

I have received the mill. I am well pleased with it. I have it set up at a friend's house who is using it.—H. J. Marty, Cleveland, O.

I ordered one of your mills in Feb. '97 and have had it in constant use in my family ever since. I could not do without it. I find the sieves unnecessary, and I am in hearty agreement with you that it is conducive to health to eat bran and all with our wheat. We are all very fond of pea-nut butter and the mill makes it to perfection. I am constantly finding new possibilities in the mill.—Rev. Elmer F. Krause, Leechburg, Armstrong Co., Pa.

The mill is here; set up and working for higher ethics and better morals among all my neighbors. I am delighted with it, for though it is easy enough for me to be a Vegetarian, it is a very difficult thing for most people because whole wheat flour spoils by dampness so soon and few people can tell whether they are eating food or mere rubbish. By baking pea-nuts very brown and salting well I can grind them into paste which no meat eater can tell

from meat by look or taste.—Mrs. N.E. Arnold, Daytona, Florida.

So far as I have had opportunity to try it I think the mill will do excellent work.—E. L. Richardson, Avon Park, Florida.

The V. S. Mill came all right. The mill is strong and durable and will do all you claim for it. I am well pleased with it.—E. Treasure.

I have had a pretty good chance to test the Vegetarian Society Mill here this winter and I find it very useful indeed.—James E. Ainsley, Winterset, Iowa, Feb. 20th, 1898.

It works satisfactorily. It is simple in construction; easily turned and suitable for a variety of purposes in a household. We have ground wheat and maize of different degrees of fineness and nuts to our satisfaction with it.—Prof. D. Gregorson, Santa Barbara, Cal.

WHAT CAN BE DONE WITH IT.

An almost endless variety of health foods can be made with this mill. The following directions for some of the products will be suggestive also of many others which an intelligent experimenter can turn out:

No. 1.—To make Lentil, Peas and Buckwheat flour, simply grind the fineness desired.

No. 2.—Whole wheat flour.—Grind the best, thoroughly cleansed wheat obtainable as finely as possible and sieve out the bran.

No. 3.—Wheatena.—This excellent food for mush is made by grinding the wheat as for whole wheat flour and sieving out both the fine flour and the coarsest bran.

No. 4.—Gluten flour.—Regrind the bran extracted from the whole wheat flour (No. 2.) and Wheatena (No. 3) and sieve out the light bran.

RECIPE.

From Miss Lilyan Richards, 132 Autumn St., Passaic, N. J.

Nut food Croquettes.—We do like your nut food very much. Sometimes we form it into little croquettes whirling it in egg and then in cracker crumbs or granola and frying in nutco. —This is good made from any kind of nuts ground in this mill.

The improved Mill is not increased in price. To obtain it remit \$4.75 in check, draft, or money order to V. S. A., 310 Chestnut St., Phila.



REV. J. MADISON ALLEN.

FOOD, HOME AND GARDEN.

VOL. II, NEW SERIES, No. 16.

APRIL, 1898.

WHOLE NUMBER 89.

REV. JAMES MADISON ALLEN.

JAMES MADISON ALLEN is now a veteran in the Vegetarian vineyard of labor and cultivation having in the sixties first called public attention to Vegetarianism publishing in the *Religio Philosophical Journal* and the *Banner of Light* a card expressing the central thought on the Vegetarian principle and soliciting correspondence. The letters responding bore uniform testimony in favor of the Vegetarian practice. The letters have been carefully preserved but not yet published.

In 1876 he called a Hygienic Home-school Convention at Matfield, East Bridgewater, Mass. A similar meeting was held at Ancora, N. J. After spending a fall and winter in Florida he returned to Ancora and purchased a twelve acre farm where a home was built dedicated to Purity, Peace and Progress—Health, Harmony and Happiness. No animal food of any kind was partaken of in this home which was conducted to secure individual and social improvement through mutual altruistic endeavor to promote each other's welfare by obeying all known laws of physical and mental health.

After six years' effort to maintain this Home in all its high purposes, the effort was given up and Mr. Allen re-entered the lecture field.

In 1895 steps were again taken towards colonizing Vegetarianism at the geographical center of the U. S. in the fruit belt of the Ozark mountains—the land of "the Big Red Apple," South-western Missouri

and North-western Arkansas. Writing of this effort Feb. 9, 1898 Mr. Allen remarks:

"Here, where the climate is mild; the winters short; the land productive and especially adapted to raising fruits, nuts, vegetables and cereals; the water pure; the scenery fine; healthfulness unsurpassed; it was thought that the germ of a true civilization might be implanted with some hope of permanency and genuine success. Two hundred acres of land were selected and purchased, in Washington County, Arkansas, for the purpose and a beginning made. It now remains for the requisite number of earnest and devoted humanitarians to come forward, combine their forces, and demonstrate the feasibility and superiority of a humane and peaceful Social State—wherein is neither Cruelty, Caste, nor Crime—Destitution, Disorder, nor Disease—neither Idle Rich nor Idle Poor, but all usefully occupied in agreeable ways for the general welfare, and receiving full returns for service rendered.

Single-handed the Vegetarian is at a disadvantage. Combined, our influence will be limitless and irresistible. Through combination, we were able at Ancora to send out a monthly periodical, at a time when there was no other, I think, in the United States representing the humane diet. By combination the existence and continuance of our invaluable American organ, FOOD, HOME & GARDEN, has been rendered possible—long may it flourish! Vegetarian journals, literature, societies and clubs,

FOOD HOME AND GARDEN

eating-houses, lectures are now at last becoming quite the order of the day, both in America and in Europe. How long before the spirit of Association will develop Colonization, in fraternal homes, where no blood shall flow to appease the ferocious appetite of civilized cannibalism, and humanism in all departments take the place of present day brutality?"

One of the best Manuals of Vegetarianism, "Figs or Pigs" has been published by Mr. Allen and it contains a valuable compendium of the arguments for a pure and humane diet. Also a Handbook of Social Science, a Guide to Fraternal Colonization.

Our good Brother Allen was born May 15th, 1836, at East Bridgewater, Plymouth Co., Mass. At sixteen he commenced a seven years' academic and collegiate course which he passed under the kindly influence of a happy New England home. The district school house twenty rods away was the nearest building to his home. Phrenology was introduced to the family by a traveling lecturer on that subject and studying the books published by Fowler and Wells, led to the study of the human constitution and food, thus was he early led to espouse the Vegetarian cause. Writing of this period he remarks:

"I proposed to my brother that we abstain from meat for two weeks. Next morning at breakfast I was momentarily tempted to partake of the ham and eggs (of which I was fond); but I said within, NO! and have never once since eaten nor been tempted to eat a mouthful of dead (or live) hog, nor taken in all so much as a pound of any kind of animal flesh. (Neither have I taken a single mouthful of butter, or a spoonful of cow's milk, except when eating food cooked with these articles. The objections to animal products are, I think, valid, though not so serious as to the use of

flesh. Better let the animals entirely alone.) I have never smoked but one cigar—quite enough for a life-time! Have never drank a swallow of distilled liquor of any kind, and but one-half glass of wine (under protest.)"

The language used to express his detestation of slaughtering animals for food is very strong and he concludes a long and interesting communication thus:

"I believe that if every person accustomed to use flesh and its products should hereafter be obliged to do the killing also, our tables would in a majority of cases be speedily cleared of every last vestige of murder and made attractively innocent, sweet and beautiful: adorned with charming flowers and luscious fruits, and surrounded and overshadowed with a pure, innocent and peaceful mental atmosphere, wherein the very angels from the Peace-heavens may commingle their loving thoughts with ours, and lift us to loftier planes than those to which we can ever hope to attain so long as we remain in mental rapport with the subter-human, infernal sphere of the slaughter-house! I can truly say after almost a half century of practical experience in Vegetarian living, that my conversion to that principle was an event in my life for which I shall ever be profoundly grateful. It was a turning-point from which I have gone forwards towards lofty ideals. Although by inheritance somewhat deficient in vitality, I have never in my life had headache, nor (since the age of six years) taken any stronger 'medicine' than Sage Tea, or Mullein Syrup."

Many need F., H. & G. who think they are not able to pay for it these "hard times." Such persons would find times easier by following its instructions.—Mrs. C. K. Smith, San Diego, Cal.

FOOD HOME AND GARDEN

CHEAP VEGETARIAN MEALS.

An experimental mission where the poor are to be served meals at a penny a dish and a bed for five cents with a bath thrown in, has started at Kansas City, Mo., under the direction of the Church of the Seventh Day Adventists. One hundred and fifty cots have been placed in a large room in a building on the second floor. In the basement bath tubs and showers have been provided, together with a room for fumigating clothes and a laundry in which a man may wash his own clothes. The meal consists entirely of vegetables, meat being barred because the management are believers in Vegetarianism.—*Boston Transcript*.

R. B. DICKIE'S EXPERIENCE.

I have been a Vegetarian in principle for nearly 50 years and each year's observation and experience only serves to strengthen my good resolutions and bring me into closer practical relations with the true, "full fledged" Vegetarian.

The first article of meat I eschewed, (about 50 years ago) was pork, and never since, have I had any fellowship for the hog scavenger, in any shape or manner whatever. I used a little beef occasionally until within some five years ago, but always felt better on a fruit (when I could get it) and farinacious diet. It is now over a year since I have tasted meat of any kind, and as long as we have the abundance of fruit, of almost every kind, that we have here, I shall never have occasion to touch meat. I am perfectly disgusted with all kinds of butchering. I heartily concur with J. A. Wilson in Oct. no. of F., H. & G. under the head of "The Eating of Animal Products." As a Vegetarian, I am all alone here, surrounded with large hog raisers and eaters.—R. B. Dickie, Roseville, Placer Co., Cal.

AN APPEAL TO FOOD REFORMERS.

FOOD, HOME & GARDEN looks so bright and is filled with such choice truths, it does seem as if it should be self-supporting and why it is not I cannot understand. If as you say all would do something toward it, it would be a success financially as it is in every other way. We have reason to feel proud of the paper but let us show it by "putting our shoulder to the wheel" by sending Br. Clubb from one to five dollars each and place it on a firm basis for 1898.

Enclosed please find \$5.00 to start the good work 1898. Please make no delay for your own happiness as well as for your faithful working Editor. Yours in earnest
—Caroline A. Paul, Sea Breeze, Florida, Feb. 11, 1898.

We publish the above because Dr. Paul understands the necessity of which she speaks and what she does not understand is the delay of Food Reformers in sending their aid to the cause.

THE OYSTER.

The following editorial from some newspaper was enclosed in a letter from our good friend Dr. Caroline A. Paul who is wintering at Sea Breeze, Florida:

"Many scientific men are waging a relentless warfare against the oyster, its diet is said to consist of the offal of the ocean, which is so noxious in character that a liver constituting nearly one-half the bulk of the body is kept working unceasingly to protect it from impending death. It is recommended as 'a wholesome food for cormorants, fish-hawks and turkey buzzards, but science as well as nature and analogy is now teaching us that the human stomach was never intended to be a sepulcher for scavengers.'"

The most delicate portion of an oyster is its excrementitious matter which usually forms a large part of the shell's contents.



A VEGETARIAN ON A JOURNEY.

ARTICLE I.

BY J. GEORGE HEID, ST. LOUIS, MO.

"Can it be successfully observed in traveling?" "What do you manage to eat?" "How do you keep up strength?" These are a few of the questions most frequently asked a Vegetarian concerning vegetarianism especially when he is away from home.

On leaving home on my trip from St. Louis to New York, I fared sumptuously as my mother had provided me with a basket of excellent lunch, sufficient to last till my arrival in New York City.

In a city like New York with its abundant fruit supplies, it is not difficult for a Vegetarian to get along and I did not let the absence of Vegetarian restaurants interfere with my diet.

On taking a first class passage on a steamer to Hamburg I was soon looked upon as a sort of curiosity, for I was the only Vegetarian passenger in the first cabin and although I did not make it public, it soon became generally known on the steamer that such a curiosity was among the passengers.

On the steamer, a passenger sitting near me noticed that I did not touch any of the meats so abundantly supplied, for the steamer furnished excellent meals, almost extravagantly so. Having previously become acquainted with me he took the liberty of asking me if I was an invalid, and on being told that I did not eat any flesh, being a Vegetarian, and the steward also being informed by me not to bring me any meats, the news soon spread over the steamer and wherever I showed myself, I was overwhelmed with questions such as are at the head of my letter.

If I had been in quest of cheap notoriety I could have been amply satisfied for I doubt if the firing of a gun from the window

or peep hole of the cabin could have created anything like the stir the information did that I was a Vegetarian. For such excitement would have been only momentary while I furnished matter for conversation and was the subject of good humored, though often somewhat rude, jokes to the end of the journey; and no doubt the passengers for months afterwards spoke to their friends of the "crank" on the steamer who, after having to pay for all the good things, refused to partake of what they considered the best of everything.

In less than an hour from the time the steward received his orders from me, the whole crew and passengers from the first to the fourth cabin, officers and all, seemed to know that a Vegetarian was on board and no doubt, had they been very superstitious, and a dangerous storm happened to come along I might have been treated as a "Jonah" and perhaps, no whale in sight.

Introductions were asked for, and sympathy offered for my having to miss so many of the good things, as they called them. The "Whys" and "Wherefores" were asked after, many were awed by the incredible "will-power" of such an individual. Finding that I was not inclined to be angry with their remarks many stale jokes were indulged in at my expense, one would advise me—in the hearing of all the first cabin passengers—to marry a "grass widow."

The engineer, a man of great imaginary wisdom, sarcastically remarked that a mule, a sheep and a monkey belonged to the Vegetarian family, and did not seem to appreciate my remark that the hyena, coyote, jackal, carrion-crow, skunk, polecat, snake and other reptiles persisted to remain in the carnivorous family, he seemed even to feel grateful that I did not act as ill bred as he and refrained from mentioning certain non-



vegetarian insects, not greatly appreciated by the human family, and from that on, at least, that subject was severely let alone.

One German passenger, with a great pretense to extreme wisdom, informed the company that the idea of Vegetarianism was solely American, that it did not exist in Germany, but found he had exposed his inexperience in speaking too hastily when I showed an address list of Vegetarian restaurants in the principal cities of Germany.

One would be humorist wanted to know if when I took sick I had "hay fever" to which I replied that Vegetarians usually left fevers of any description to non-vegetarians. When, after a few days of the ocean voyage a storm arose, lasting some time and I was among the few able to go about and visit the sufferers, and when they saw that the storm had no effect on my system, not having experienced a moment of sea-sickness, their respect, if not admiration, for Vegetarianism arose considerably, and I found that antiquated jokes about "grass widows" and "hay fever" were at a discount for the remainder of the trip, and what was more encouraging to me was that I felt that in my humble capacity I was able to sow the seed of the Vegetarian doctrine, and trust it has brought fruit, even if much may have fallen by the wayside and been lost; for I had the promise of a number of those that they would give Vegetarianism a trial and would hunt up the Vegetarian restaurants in Europe.

In my next article I shall try to answer the questions mentioned at the head of this, and give my experience in Germany, Austria, Sweden, Denmark, Norway, France and England.

PRACTICAL CO-OPERATION.

How beautiful that ideal life which a Vegetarian Colony would make a real everyday experience! All cruelty and blood-

shed would be banished from sight and sound; and life would be one long happy day, filled with social enjoyment and glad, loving service to make the home one of exquisite harmony, free from even a discordant thought. But for the many thousands who long for such a life, yet must for a time make the best of their present lives in great cities, an admirable plan for co-operation and mutual help has been thought out and is now in daily operation in Chicago: It originated at the Northwestern University Settlement, 252 Chicago Avenue, and J. Still Wilson its principal promoter, is a Christian who believes that LOVE and SERVICE are the true test of a Christian life.

A store has been established and all persons may deposit articles for sale. A certificate of deposit is issued in lieu of such articles, and when such articles are sold a check is issued and is given in payment. This check passes freely from hand to hand receiving a fresh endorsement every time it is used. It is received by all who are in sympathy with co-operation and many stores of all kinds as well as tradespeople and professional men have pledged themselves to receive them for goods or service.

No pledge of any kind is required. No change of locality or business. No one is obliged to continue to receive them; what is done is done willingly and gladly because men see that competition and selfishness work woe and poverty and the spirit which alone will save, is the spirit that renders service to humanity gladly and willingly; FORCE is worse than useless: LOVE alone will save. The system works well in every respect and has brought help where many men were rusting in idleness, owing to a scarcity of money. Men can often employ each other when none of them have a dollar in money and the check system enables them to do so to advantage.—W. C. Ferris, of the "College of Occult Forces."

FOOD HOME AND GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications for the Editor to be addressed to
1023 Foulkrod St., Station F, Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents,
12 insertions \$1.00. For 12 lines 1 insertion \$1.00.
For 12 insertions \$10. Per page, inside, \$15, outside,
\$25.

The Vegetarian Society is being forced into business by the demands of its friends. See Business Items in our advertising columns.

The Boston Vegetarian Society at its meeting March 13th discussed the feasibility of a Restaurant. Wm. D. Brewer, '30 Court St., is Secretary.

J. Howard Moore of Chicago University is willing to deliver lectures on Vegetarian topics within easy reach of Chicago, provided expenses are paid. Mr. Moore is an eloquent defender of our defenceless fellow creatures.

Any industrious, intelligent man can make a good living with a Vegetarian Society Mill in producing a choice, fresh nut food and with a motor, could manufacture Graham wholewheat flour also for sale fresh to all his neighbors.

Mrs. Lou. E. Rall, Supt. of the Department of Mercy, Indiana W. C. T. U. is distributing the Synopsis of the Vegetarian System. She became a Vegetarian six years ago, immediately after the Dept. of Mercy was created in that State at her instigation.

At the March meeting of the Phila. V. S. Mr. Clubb from the Committee on Restaurant reported that a gentleman now running a Restaurant on 11th St. below Chestnut

was prepared to take a Vegetarian partner and convert his place into a Vegetarian Restaurant.

The use of the Vegetarian Society Mill is opening up the way for persons otherwise out of employment to manufacture health foods for local consumption. Everything produced by the mill is best fresh ground especially nut food, Graham whole wheat flour, corn meal &c.

Josephine Grannis, Supt. of the Non Alcoholic Medication Branch of the W. C. T. U. read a paper on Health Foods recently at the annual convention of the W. C. T. U., Florida, in which the subject of a bloodless diet was discussed. We may present the paper in another issue.

We will thank our friends to send us all the recipes they may have met with for savory or sweet nut preparations: croquettes; griddle-cakes; cookies, macaroons; short-cakes, with or without fruit; potted nut meat; nut sandwiches etc. as we desire to publish them after testing the same.

The increasing demand for nut foods is a good sign of improved dietetic habits and in compliance with the desire of manufacturers of nut food we have now for sale Vegetarian Society Mills of large capacity to be worked by steam, electric or other motors. They will cost from \$20.00 to \$55 each according to size and capacity. Write for particulars.

The N. Y. Vegetarian Society at its March Meeting was addressed by The Swami Abhedanauda of India and Queen Stella of the Gonzales Tribe of Gypsies. Arthur Haviland writes: "The Swami is a distinguished East Indian scholar, of the school of Sannyasins—the most ancient order of religious teachers. A man of distinguished

April,

FOOD HOME

appearance, dignity and repose, and of unusual intellectual strength. He combines a wonderful command of English with a pleasing delivery."

Strength, health and harmony are not found in an animal or vegetable diet but are found in God (Good). Christian Science points to the truth.—Ruth M. Milwain, C. S. 1315 Franklin St., Oakland, Cal.—The above is given as a reason for discontinuing the taking of F., H. and G. It is truth that we are seeking and if Christian Science will relieve people of the evil results of eating flesh and drinking intoxicating liquors without abstaining from them it should be made known. Will R. M. M. explain how?

Our friends would do well we think, to secure the services, if possible, of Rev. H. S. Lake, whose portrait appears herein, on her anticipated trip to the Pacific Coast in early May. She is spoken of by people and press as one of the most advanced and interesting, as well as eloquent speakers now on the platform, and she has given earnest and enthusiastic support to the Vegetarian cause for twenty years. Write early if dates are desired, as she will make but few stops. Address 1585 Wilson Ave., Cleveland, O.

James Vick's Sons, Rochester, N. Y., have sent us their annual donation to the press, a large assortment of flower and vegetable seeds which favor we cordially reciprocate by inserting their announcements. Their Annual always leads the seed catalogues in good taste, beauty and variety and this year is a most perfect gem of art printing. It is nearly 40 years since we first did business with this old established house when we were in Michigan and James Vick, its founder, was its diligent chief. Liberality to the press and fidelity to their patrons have built up a most extensive and we pre-

sume profitable business in the various departments of horticulture and next year they will celebrate the jubilee of its establishment on which we offer our sincere congratulations.

We understand the Rev. James Clarke, Vice Pres. of the Vegetarian Society, and his daughter, Miss Bertha Clarke; Mr. & Mrs. Tongue and possibly Mr. and Mrs. Harrison will leave England by the Cunard S. S. April 9th, 1898, and are expected to arrive in New York, April 16th. If nothing happens to prevent this, Mr. Clarke will preach at the Bible Christian Church, Park Ave., Philadelphia, Sunday April 17th to which occasion there is a general invitation. A reception will be tendered the distinguished visitors the following Wednesday.

MARRIED.

SILLIMAN—ENGLISH.—October 23, 1897, by Rev. Henry S. Clubb, at whose residence, 1023 Foulkrod St., Station F, Philadelphia, the ceremony was performed, Mr. Charles Franklin Silliman of Vineland, N. J. to Miss Annie Force English of Linwood, Pa.—Mr. & Mrs. Silliman will be at home at "Rosedale," near Vineland after April 1st, 1898, where a true Vegetarian home will continue to be maintained and will we trust be long enjoyed by them.

OUR VACANT LOTS.

What the public health requires is such legislation as will make it obligatory on owners of vacant lots to have them drained and either nicely sodded or cultivated as fruit, vegetable or flower gardens so that they can never be allowed to become nuisances, dumping grounds of filth; cesspools of dirty water, and productive of noxious weeds, the seeds of which scattered by the wind and by birds, add so much to the labor of gardeners.

HOME DEPARTMENT

MIDDAY NUT LUNCHEON.

Tid Bit Salad.	Peanut Fritters.	Water Cress.
	Brown Bread.	
Cream Puffs.	Almond Cake.	
	Sliced Oranges a la Cocoanut.	
	Grilled Almonds.	
Assorted Nuts.	Raisins.	
	Sassafras Tea.	

RECIPES.

Peanut Fritters.—Take two tablespoons of ground peanuts, $\frac{1}{2}$ cup of granola, 2 eggs, milk enough to make a rather thin batter, a pinch of salt. Stir all together and drop in spoonfuls on a hot griddle.

French Dressing.— $\frac{1}{2}$ teaspoon of salt, same of pepper and of paprica, that semi-sweet red pepper of Mexico, then add 1 tablespoon of fine vinegar and 2 to 3 of Diamond Butter Oil. Put all in a shaker and shake: serve on the salad immediately.

Almond Cake.—2 cups sugar, 1 spoonful butter, 2 tablespoons ground almonds, 2 eggs, 1 cup milk, 3 cups flour, a pinch of salt, 1 teaspoon baking powder. Mix the sugar, butter and ground nuts well together, beat in the egg; then add the milk. Sieve the flour, salt and baking powder together and mix in with the other ingredients and bake in a hot oven.

Grilled Almonds.—Make ready a cup of blanched and dried almonds. To 1 cup of sugar add $\frac{1}{2}$ cup of water and boil for about 10 minutes; then drop in the almonds and continue the boiling till the nuts turn a faint yellow; next remove quickly from the fire and stir until the syrup reaches the sugary stage, clinging to the nuts. They are then spread to cool on a plate over which a piece of waxed paper has been laid. Serve the same as salted almonds.

Tid Bit Salad.—Take a small quantity each of cold potatoes, carrots, peas, beans

and lentils, or whatever tid bits of vegetables happen to be left over from the previous dinner. Chop all up together, adding a small onion chopped with parsley, a few tablespoons of any ground nuts, a little celery and mustard seeds. Season to taste and add French dressing. Garnish with hard boiled eggs and dices of cold boiled beets. This salad can be simplified by using but one or two vegetables.

The recipe for Cream Puffs will be found on page 36 of *The American Vegetarian Cookery*. We find that Nutcoa can be used in this recipe instead of butter with equally good results.

ONE MEAL A DAY.

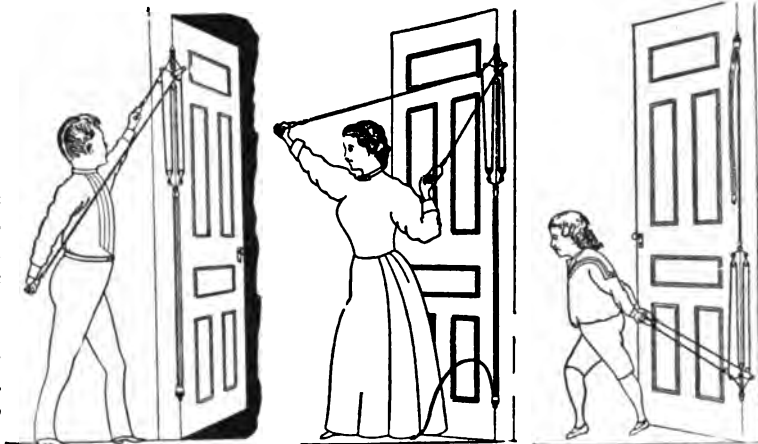
Mrs. Ellen S. Gaskell, the advocate of super-cooking, writes: "Nearly two years ago my husband and I adopted Dr. Dewey's advice and gave up breakfast. We eat nothing till about mid-day. For some time we also had a fair meal about 6 p. m., but we found that we had so little desire for food at that time that we took less and less, until now we rarely take anything. We have only one meal a day and that we feel gives us all we want for our work. Should we ever need an evening meal it would take the form of a light tea or merely a little fruit. Many people say to me, "That is an ideal way to live, and would cause an immense saving of trouble—but—*can you work on it?*" I reply that I do all the work of my flat of six rooms, even to cleaning the windows. I do all the washing and ironing, including the starched things. I make my own dresses, &c., and do all the necessary mending. Cooking, of course I do, and baking. I make preserves, bottle fruit, and candy peel of lemons and oranges. I also lecture and sing in public."

PHYSICAL TRAINING.

THE Mc FADDEN System of Physical training is well illustrated in a book published in New York by the Mc Fadden Exerciser Co. We believe a chief cause of nervous prostration and weakness among both young people and old and of both sexes is the want of proper exercise. The Mc Fadden Co. have done well to accompany their appliances with this elaborate work which is so profusely illustrated as to make all directions clear to the learner.

The outfit for the family style B, costs but four dollars. It can be used by a man, woman or child as shown in the following illustration:

The chapter on Vegetarianism—Meat Diet &c. although not free from popular prejudice in favor of a mixed diet, admits that "When one adopts a Vegetarian diet, and does not exclude milk and eggs, and is living at home, or in an institution where a large variety of Vegetarian dishes can be secured, cooked in the most palatable manner, no great objection can be made to this system of diet."



Again "Though a high degree of uninterrupted health may be enjoyed while following a rational Vegetarian diet, a strictly meat diet as advocated by a few theorists, cannot in my opinion be of benefit." The book also contains valuable quotations from Felix

L. Oswald, Dr. Holbrook and other dietetic authorities. The Exerciser used in due moderation will do much to add strength and length of days to all who use it.

Style C, with metal pulleys costs only \$3.00. The same with wood pulleys, metal parts, plain finish is supplied at \$2.00.

Max Unger the "champion strong boy of the world" says: "I use your exerciser daily in my training and am greatly pleased with it. It is the best I have seen."

All the styles are accompanied with the book of instructions and illustrations containing 128 pages.

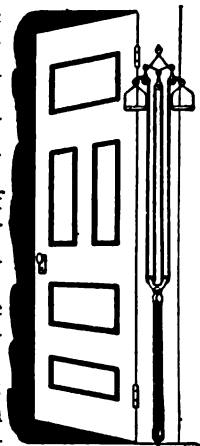
One quotation referred to is the following:

"We should recognize that our earth abounds with wholesome and nutritious products of the vegetable kingdom, from the tropics to the polar limits of arboreal vegetation, and total abstinence from flesh-food would promote the cause of moral as well as physical health."—Felix L. Oswald, A. M., M. D., author of "Physical Education."

The Vegetarian Society will supply these appliances and for each dollar paid for them will supply, in addition F. H. & G. one year to any new subscriber.



Max Unger.



FOOD HOME & GARDEN

A LECTURE TOUR.

Rev. Mrs. H. S. Lake, a Vegetarian for twenty years, has something to say:

"FOOD, HOME & GARDEN is steadily improving, albeit, it was always worth double its cost. Neat, tidy, tempting, in both typography and temper; it is sure to win its way to the homes and hearts of the people. The information it contains is always valuable, but now and then, something is especially commendable. Such is the article of J. Howard Moore, in Feb. issue. I have never had the pleasure of reading before, so succinct, straightforward, and satisfactory a statement of the great truths which are struggling to be born into the world.

"I quote here a sentence which should be placed in letters of light, where all may read: 'There is, in fact, but one crime in the universe, and all varieties of impropriety whatsoever are aspects or phases of this crime. *It is the crime of exploitation!*'

"I congratulate you in having had the good fortune to present this statement, pregnant with the world's redemption, to the readers of FOOD. I congratulate the author on the happy circumstance which brought it into being, in his brain. May it receive many other acknowledgements of appreciation, besides my own.

"It is not improbable that I may soon have the opportunity to 'add my testimony' to the great work; in a contemplated Western trip. Parties who may be desirous of extending the blessings of the new health-thought in their location, and who may wish to arrange for lectures on the line of the Wisconsin Central, Mil. and St. Paul, and Great Northern, to the Pacific, may address me, as below, and no doubt some suitable arrangement can be made. It is perhaps almost needless to state that I have been engaged in platform work for twenty years

and, after a brief retirement am now about to re-enter the field. My subjects will cover Light, Life, Love, Law and Labor; and I hope may be helpful to many who are seeking a better and truer way."—Mrs. H. S. Lake, Cleveland, Ohio. Mch. 3, 1898.

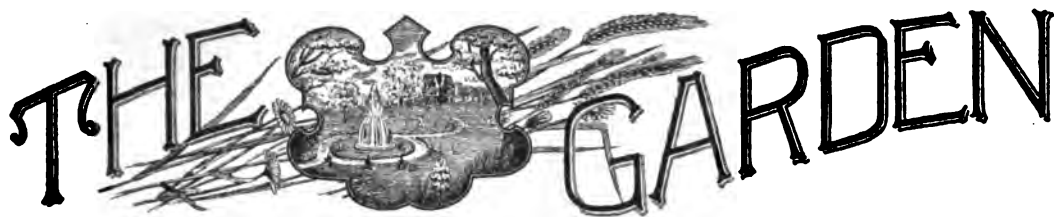
We heartily commend Mrs. Lake's lecturing on the various phases of Vegetarian philosophy. Her remarks are practical and always eloquent and acceptable to a popular audience. The pose in the picture, page 63, shows her favorite attitude while addressing an audience.

INTERESTING EXPERIMENTS.

Practical people have long been aware that cattle could be fattened on grain. But scientists have been inclined to lay this result to the gradual accumulation of vegetable oils and not to transformation of starch. According to the *American Cultivator* of Feb. 28, 1898, the change in question has now been scientifically proved at the State Experiment Farm, Geneva, N. Y.

Cattle were there fattened on corn meal from which all the oil, in the form of oil, was excluded, no oleaginous matter in any shape being allowed them. Every particle of food was weighed. All excreta were weighed and analyzed. The results were interesting. It appears that even cows on this diet gave milk normally rich in cream. Thus it seems indisputably shown, in technical form, that starchy carbohydrates can be changed, by the vital powers of the animal, into oil and fat. If any cereal feeders are spare and thin it is not due to the quality of their food! Here an analogous fact may be noted: that the West India negroes get fat during molasses-making. We may indeed prophesy that it will be found that this metabolic power of life extends much further than we yet believe.—Wm. Penn Alcott.

THE GARDEN



A PIONEER'S EXPERIENCE.

This place which I have taken was as the Indians had left it, and for over twenty-two years I have kept on improving it. I started in with hardly any means at all; had even to work out at 75 cents a day to earn the money to buy my first spades, which cost me then \$1.75 apiece. Not even the shadow of a plow, wagon and team. So I had not a very easy row to hoe, and my talk about work is not from hearsay only.

Last year one of my three sons made an experiment in raising oats, in a way somewhat differing from the common one. Having our own blacksmithing outfit, he had made himself a drill for planting his oats (and other small grains of corn) in rows about $2\frac{1}{2}$ feet apart, so as to have room afterwards to go through with a light one horse outfit of his own make also, and to cultivate his oats about the same way as drilled corn. The chances for the crop had not been the very best under ordinary treatment with which they might have yielded about 25 bushels to the acre, but after every shower he went through with his pony and cultivator breaking and pulverizing the crust and the result was 183 bushels of splendid oats from 3 acres,—not that chaffy stuff that so often passes as oats, but grain, that would be just the thing to be worked up into oat-meal if we had the appliances for it, and weighing about 40 pounds to the bushel. And when we made a close calculation we found, that one man's work, for one hour with a pony, had produced 3 bushels of grain.

Now it takes about one pound of oat-meal to go for a breakfast for us five persons; allow 25 pounds of meal for a bushel, the rest,

15 pounds being chaff, (evidently too much of the latter) and we arrive at the result, that it would take about 15 bushels of such oats to supply us with our morning's repast for the whole year; and these can be produced by 5 hours of work of one man, horses aiding him in it, and no hard work for them either. Reduce it to one person, and you have one hour's work for a whole year's breakfasting; of course the trouble of cooking not included.

Taking up our wheat crop and figuring on the work it took to supply a person with the necessary wheat for one year's use, I set the quantity at 5 bus. enough, if you use whole wheat, and not only about one fourth of its value, as is done by the use of superfine flour. I found that those 5 bushels had cost: $1\frac{1}{2}$ hour of team work, from 2—4 horses at a time; and 5—6 hours of a man's work, including the driving of horses and 20 cents pay in cash for the steam thrasher.

I made a calculation on melons, and found that one hour's work, mostly hand work with the hoe, had produced about 200 lbs. of melons. But that only includes the work of producing them. Last year an hour's labor, with and without horses, was about equivalent to 100 lbs of grapes. I believe about the same ratio will apply to apples, pears, peaches etc.

To sum it up: a radical Vegetarian can produce the materials for his sustenance in less than half an hour a day and this is the outside limit. Part of the work of course takes a man who can handle horses and machinery, but the greater part of it can be done by ladies and children just as well.

So it seems, with the general adoption of Vegetarianism the millenium would be at

FOOD HOME & GARDEN

hand. With half an acre of tillable land for a person and not quite work enough to keep the blood in healthy circulation, there might be plenty for all, and all could apply themselves to mental self-culture and develop their gifts.

Vegetarianism must deliver us rich and poor, there's hardly any difference, from the slaving and toiling for our physical existence.

It would be no trick at all to organize a vegetarian agricultural and industrial colony even on the capitalistic basis, giving the invested capital all possible security and a liberal share in the earnings, and yet make life so easy even for the laborer, who has not a cent to invest in it, that fear of want or care for the future would be as foolish as it now would be, to stand out in a January blizzard yammering for a mouthful of fresh air. There is enough of it, and the millionaire has not one jot nor tittle of advantage over the poorest tramp.

If the Vegetarian who can live on half an hour's labor a day, cannot wait for returns I wonder who else should be able? They could even embark in gardening, in contradistinction to the now prevailing vandalism of the cattle raiser. This again points to the hard fact, that the path to the promised land leads through co-operation and collective ownership.

This social development must and will come in one shape or other, and then will be the beginning of a fearful revolution, as radical and wide reaching, as the world never yet has witnessed, and that we could set up a shining example very soon is the sincere and ardent wish of the writer.—Hermann Studer, Cedar Vale, Chautauqua Co. Kansas.

SEAWEED FOR MANURING?

Would not the famous salt and lime mixture, proportion 1 to 2, or 3 to 5 (in 8) be very effective for filling kelp (seaweeds) for fertilizer? in a shape calculated to turning

it readily under, well covered, and out of reach of tillage.

Much of so called manure is so lightly tucked down as to miss the intention of the farmer. The sun ought not to have the chance of striking and wilting, causing loss of ammonia. Short material only can be thus secured, and said mixture will do that thoroughly.—R. Hecker.

ARIZONA ORANGES.

Salt River valley, Arizona, is coming to the front as a producer of early oranges. A number of carloads having been shipped from Phoenix (the capital of the territory) up to date (New Year's, 1898) this season.—*Los Angeles Daily Times*.—Contributed by R. Hecker.

ARIZONA COLONIZATION.

Office of the Mayor, Prescott, Arizona, Feb. 14, 1898, R. Hecker, Esq., Dear Sir: Your favor of the 8th is at hand, and I thank you for the kindly interest you have displayed in the colony matter. I believe that in such colonies lie the means for great improvements in our social and industrial conditions, just as the influence of the early Dutch and Puritan colonists is still felt for good. A model colony speaks louder than any other argument can of what can be accomplished by parties faithfully following out their own ideas, untrammelled by the narrow prejudices of others. If any thing can be accomplished in the colony line I will meet more than half way any who are willing to co-operate with me. With you I think prohibition with the single tax should be made the salient features of the colony, while to your ideas of vegetarianism I strongly incline, although in our mining companies here it would be impossible to carry such theories into effect on account of the difficulty and increased expense in procuring the means.—Yours sincerely, Wm. O. O'Neill.



REV. H. S. LAKE.

(See page 60.)

FOOD HOME AND GARDEN

DR. HENRY S. CHASE.

The recent departure from the visible life of this world on earth of this veteran Vegetarian and philanthropist has called attention to one of the most remarkable lives in our current history. The transition occurred January 11th, 1898, and it was reported in the newspapers that he died from pneumonia.

In a letter dated St. Louis, January 13th, Dr. Susanna W. Dodds, his intimate professional friend, who was the dean of the Hygienic College in which Dr. Chase



DR. HENRY S. (PA) CHASE.

was the professor of Dental Surgery, wrote :

"He was in his 79th year. I did not know that he was sick; and the illness must have been very brief. He must have been very sick from the start, else he would have called Dr. Mary Dodds. She has always attended him in his little illnesses, which were the only sort he had. But if his mind was seriously affected he may have given no directions; and as his sons believe in drug doctors, they

would no doubt call one. They did this once when Mrs. Chase was ill, (much to the disgust of Dr. Chase,) and she came near dying. The doctor would not I think take drug medicines, unless he was out of his right mind. Just the other day I was saying I must make him a visit soon.

"Dr. Chase was quite a reformer, and a very good man. His family had not much sympathy with what they termed his peculiar notions; but he always held up his head and said what he thought. He believed in strict vegetarianism, thorough hygiene, temperance, and an equal chance for all in the race of life. He was a great admirer of Henry George, and a strong advocate of the single tax theory. Having a large, social nature, he drew around him many friends; and he spared no efforts to make converts, especially among the young; and though he has reached a good old age, the news of his death will be received with regret,"

The portrait we present of Dr. Chase was kindly loaned us by the *Single Taxer* of Minneapolis, a very able exponent of the Henry George system of political economy.

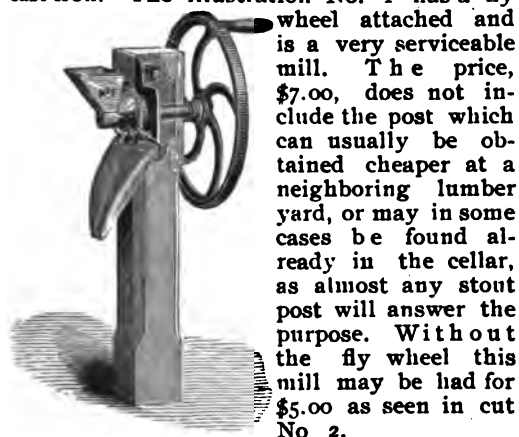
Dr. Chase as a Dentist stood high and generously donated to the profession inventions on which he might have obtained valuable patents. He was also the author of a book on the subject of Chastity and of numerous pamphlets and contributions to the reform press.

The *St. Louis Globe Democrat* devotes two columns to Dr. Chase and a curious story of his communicating with his surviving friends by means of a "talking table," for which our space is too limited.

We are assured by his widow that Dr. Chase was a thorough Vegetarian as we always understood him to be. If this fact contributed to his rapid spiritual advancement there is good reason for congratulation.

PROGRESS IN VEGETARIAN S'Y MILLS.

The increasing demand for nut foods has rendered it necessary to provide more complete mills for their production. The manufacturers have provided a mill that can be attached to a post with a hopper having one upright side and made of iron plate instead of cast iron. The illustration No. 1 has a fly



No. 1.

wheel attached and is a very serviceable mill. The price, \$7.00, does not include the post which can usually be obtained cheaper at a neighboring lumber yard, or may in some cases be found already in the cellar, as almost any stout post will answer the purpose. Without the fly wheel this mill may be had for \$5.00 as seen in cut

No. 2.

A larger mill



No. 2.

which can be turned by two persons supported by a stout wooden frame, as seen in cut No. 3, is valuable for those who desire to commence the manufacture of nut food for sale, or to produce Graham whole wheat flour for a neighborhood business, but who have not the facilities of electric or other motor power. This mill can be had for \$15.00 without the wooden frame.

We do not however recommend hand power where a large quantity, especially of grain, has to be ground, as it is much cheaper in such case to use a motor. The electric motor is the best where the electricity is supplied at reasonable rates, as we presume it is in most cities. It is the most convenient to start and

shut off the power there being no fuel, dust or bad smell of oil or anything offensive used. Perhaps the next best thing to an electric motor is a water-power which can be run wherever there is a good pressure of water.



No. 3.

The gas motor is also very good. The compressed air and also the kerosene oil motor can be had at moderate cost. There are also several small steam engines appropriate for this work and if anyone will describe their location and circumstances we can advise them as to which motor is best to introduce, both as to economy and convenience.

Cut No. 4 represents the same mill as No. 3 with tight and loose pulleys which can be run by power and for which not less than one horse power should be provided. This mill can be had for \$20.00.

Our manufacturers have also provided much larger mills costing \$50.00 and \$55.00 and others with gearing costing \$60.00. All the mills are made of the best

material with an eye to strength and durability, being well adapted for long and continuous service. We know of no business so profitable with little capital. —V. S. A., 1023 Foulkrod St., Sta. F., Phila.



No. 4.



E. E. MARTIN.

FOOD, HOME AND GARDEN.

VOL. II, NEW SERIES, NO. 19.

JULY, 1898.

WHOLE NUMBER 92.

MR. E. E. MARTIN.

OUR first impression of Mr. E. E. Martin was derived from the following letter:

"Olympia, Washington, Jan. 27. 1898.

"My dear Brother: From some very kind heart there has come to me a remembrancer most royal, a visitor each month that has been warmly welcomed—FOOD, HOME & GARDEN.

"To one who for almost a quarter of a century, wellnigh single-handed and alone; in the face of myriad taunts and jeers from small-souled yet colossally-conceited individuals, even in this western wild, has held aloft the pure white banner of a bloodless diet, this magnificent magazine has ever come as a flood of sunshine, dissipating more fogs, material and mental, than you can guess. Heaven's richest blessings are invoked in your behalf every time that I see it, or think of your noble work, tending towards the perfection of this keystone of reforms that binds together the grand archway through which all must pass to gain the heights of humane and harmonious living.

"You are verily 'working together with Him' to uplift, blissfully pardon and welcome home all the worn and wandering prodigals from their Father's house. I do not have to ask God to seek out and bless you in this most essentially Christian work—He knows right where you are—in fact dwelleth in, and is ever outworking more effectually through you, for the sublime

end, the beginning of which is in view. I take it that He by whom the worlds were made and yourself are well acquaint, on most intimate terms.

"Ah! Could mankind only be impressed with the thought of the diet of Eden, (see Gen. 1 29—30), instead of the horrible sacrificial idea, generally condemned by God's Prophets, so roundly censured by grand, old Isaiah; (see Is. 1 10—17), this planet could soon be transformed into a decent dwelling place for humanity, where 'They shall neither hurt nor destroy in all my holy mountain' saith the Lord. Is. 11 —9.)

"Earth could be made so clean, kind and humane that many would be inclined to forget the twanging of golden harps in 'The sweet by-and-by;' for we would then have, in successful operation, our own Sweet Here and Now! I labor for that.

"My methods with the flesheaters may be crude, but very few of my friends have misgivings as to their originality: For instance it gives me secret pleasure to remark that hard times are splendid, if they prevent people from making walking morgues of themselves; puts a stop to making graveyards of their stomachs; act as a human sarcophagus for animal refuse, etc.

"In this far western country we have to horrify the unthinking 'good' people along this particular line, ere we can get them to think, so used are they to pioneer ways; yet

FOOD HOME AND GARDEN

when they once begin thinking, they have usually 'met the enemy and are ours.'

"The name 'Krank' has many, many times been contemptuously hurled at my head or heart by my temperance and reform collaborators, on account of my strenuous, oft-repeated assertion that: 'The saloon and the slaughter-house must go down together before the temperance question can be fully, finally solved!' Have persistently defied them to produce a Vegetarian sot; feeling, as I have to do, that the condiments used to disguise the effluvia of decaying, festering flesh, lead, by graduated steps, to rank sauces, the tobacco habit; tobaccos, flavored with liquors, (to give them 'tone'), so many times inevitably tend toward 'boozing, guzzling the poisonous extract of rottenness from the brewery and the still, from out whose vicious embrace we have found it so very difficult to woo them. Have you known Vegetarian inebriates?

"As to personal eating habits, am decidedly irregular. Do not care for but one regular meal per day; taking that from noontime to later in the p. m. Can do my days' work before eating at all—even with pick and shovel, and have to smile in the face of people who ask if I can do anything but clerical work and totally abstain from partaking of corpse and carcass. Never have that 'bottom dropped out of my stomach' feeling.

"From 1874, (when I adopted cleanly living), to 1884, labored very hard at rock work, river-damming, (in a cold Idaho mountain stream) and gardening. Have at times gone 75 hours without a morsel of food—at the same time holding my own with much larger and stouter men, hoeing—with no complaint from an exacting employer as to my work.

"Have scarcely known what pain means for more than two decades, while previous

to that date I rarely felt its absence. Can apply myself at the 'case,' or any intricate clerical work for a 24 or 36 hour siege, if necessity require, without bother from 'that tired feeling' Extremes of heat and cold do not affect me. Never wear an overcoat; rarely catch cold; easily shook off if I do. Contagions always miss me. Most important of all in my dietetic change, came an entire change of disposition. From a fine flour and pork-stuffed, chronically-deranged stomach issued a disposition like a cross-cut saw, sure enough. From a sickly, petulant, combative, gloomy and especially blood-thirsty boy, to one who abhors the taking of any life, except parasitic, and that dispatched instantly. Where fighting at the drop of the hat used to be a pleasure, could only be induced to assume hostilities on behalf of the weak and abused of our own species or our poorer (?) relations.

"The gradual, yet complete change from a pessimist to an optimist; from a heartless hunter, hurter, tormenter, torturer, to a humanitarian, with hope for, and an earnest desire to hinder not but help every useful form of life coming from the hand of Our Father-Mother in Heaven, and expecting to greet them at some future upward curve of Life's spiral roadway.

"Concluding, allow me to say that while our paths widely diverge, they radiate towards a common center. You will hear from me further. Yours for spreading the gospel of 'Live and Let Live!'"

Such an outburst of enthusiasm naturally led to further correspondence and finding Mr. Martin a thoroughly conscientious as well as earnest worker we concluded to publish both his remarks and portrait in the hope that his enthusiasm might become contagious and that other Vegetarians might be moved to do likewise. Mr. Martin has been one of the first to aid in the circulation

July,

FOOD HOME AND GARDEN

of our Synopsis by sending for 1000 copies for enclosure in letters, and as we have just issued the same tract in red, white and blue to make it more attractive we trust his example will be followed by a thousand or two of our readers so that the Vegetarian Press can be kept constantly at work on this pioneer tract.

Mr. Martin was the founder of Spokane Business College at Spokane Falls, Wash., that has about 500 students but he became a convert to Christian Socialism when he felt it wrong to educate sharpers to overreach their less fortunate fellow mortals, and gave it up. He is now engaged in the office of State Superintendent of Public Instruction at Olympia, and is promoting the Independent order of Good Templars, being Grand Vice Chancellor of the Grand Lodge of Washington.

Mr. Martin is also engaged in distributing literature calculated to advance educational interests in regard to temperance and good morals and from his position in Olympia has excellent facilities for reaching all the educators of the State. His influence will tell in a few years on the moral and intellectual status of the great North-western State of Washington.

THE ARMY RATION.

BY THE EDITOR.

The ration supplied to U. S. soldiers does not appear to be up to the times and is in fact no better, if as good, as that supplied during the war of 1862—5. The general complaint is that the hard tack is made by contract of very inferior flour. We need not publish the complaints of men about "sow-belly," "salt pork," beans, the "putrid" condition of the meat, "salt horse" without enough water to drink after being made thirsty with salt provisions and "putrid flesh" and canned provisions" with

poison lurking within. Some of the mess pork is reported to seem "as if pickled in lye" as it "takes the skin off the tongues of the soldiers." These complaints indicate that modern science has not been applied to army rations and the result will be sickness and death to thousands of brave soldiers.

Why does not the war department exercise as much care and employ as much skill in supplying army rations as in the supply of ammunition?

Health foods are manufactured under scientific direction at Battle Creek, could be supplied to the army at but little if any more cost than the present inferior ration of salt provisions which are wholly unfit, and will be especially destructive of our soldier boys in the climate of the tropics. Why does not the commissary department offer a prize for the best army ration to be supplied in paper boxes ready to be given to each soldier daily? Does not humanity demand a good ration for soldiers? Do not the success of each campaign depend largely upon the ration?

The N. Y. *Times* referring to experiments by the sustenance department last Fall said:

"In the opinion of one of the officers of the department there is really no strength in these beef extracts. This officer said to-day: 'There is a popular fallacy that the modern beef extracts which are prepared and put up in glass jars and bottles contain an unusual amount of nutriment and they are excellent strength restorers. As a matter of fact, it has been proven from investigation that there is actually no strength-giving power in these extracts, and the only good effect which they have on a sick man is that they have the power of stimulating temporarily. These preparations would not do in the army as they lack powers so indispensable in such food.'"

FOOD HOME AND GARDEN

A VEGETARIAN ON A JOURNEY. ARTICLE III.

BY J. GEORGE HEID, ST. LOUIS, MO.

"Can one be a consistent Vegetarian when on a journey and yet satisfy the appetite?" If our perverted taste be merely consulted, it may be difficult to be consistent. If not capable of controlling the unnatural appetite which has been acquired by wantonness and excesses, for generations, perhaps, if there is an utter inability or lack of effort to deny the sensual nature for principle's sake, it may be difficult to satisfy the so-called appetite while on a journey, in fact, it would be difficult to do this at home even, but a consistent Vegetarian can enjoy the meals on a journey and find plenty to eat, although to observe a strict Vegetarian diet while on trains, etc., would almost necessitate living exclusively on fruits; for one never knows where lard, butter or suet may have been used in preparing cakes, pies, puddings or biscuits, or rolls and bread, and even in cooking vegetables. The only safety in eating a meal of cooked or prepared foods would lie in visiting a Vegetarian restaurant, or to board with a Vegetarian family. If, however, to eat no meats of any kind, but not to abstain from eggs, butter, milk, etc., or dishes containing these, constitutes a Vegetarian, then it is an easy matter to be supplied at most any restaurant in cities or towns one may visit, and even the railroad stations having lunch stands, can then amply supply the needs of the traveler. I have translated a bill of of fare from a Vegetarian restaurant called "The Fruit Basket," in Brunswick, Germany:

Dinner.

March 6th, 1897. a la carte.
Barley, Milk, Rice or Potato Soup.
Eggs—Fried, Boiled or Scrambled—Egg Pancake,
Rice Cakes.
Rye Bread, Wheat Bread, Graham Bread.

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French Rolls, Graham Rolls.
New Green Peas, Lettuce, Turnips, Asparagus,
Potato Salad, Boiled, Fried or Mashed Potatoes.
Bread Pudding. Stewed Fruits.
Chocolate Cocoa, Coffee, Milk, German Tea,
Indian Tea, Kneipp's Malted Coffee.
Seltzer Water, Cider, Lemonade, Gooseberry Wine,
Currant Wine.

We use lemon juice instead of vinegar in the preparation of all our salads. Our soups and vegetables are prepared with butter.

Suppose a guest were to order from the above: One kind of soup, three vegetables, a dish of eggs or pan-cakes, one kind of dessert, one cup of coffee, cocoa, or chocolate, there would be served with the above, without extra cost, bread or rolls and butter, and one kind of potatoes. This would cost about one mark and fifty pfennige (36 cents). However, should one wish to economize, he could take dinner at a cost of 80 pfennige (nearly 20 cents), which would give the guest soup, eggs or pan-cake, two kinds of vegetables, dessert, and bread or rolls. This would not include coffee, cocoa or any beverage whatever, because it is not considered according to the rules of hygiene to drink with meals, and there are many guests at these restaurants who are not Vegetarians from principle, but they observe a Vegetarian diet, having been advised to do so by their physicians. These last-named dinners can be had by the month for twenty marks (\$4.80), costing a trifle less than sixteen cents per meal.

There are many more articles to select from at these Vegetarian restaurants, such as mushrooms of various kinds, all kinds of fruits and vegetables in season, or if one wishes to pay for them, things out of season too.

In Cologne, a Vegetarian restaurant had suppers *a la carte*, and dinners both *a la carte* and *table d'hôte*. These last were so arranged that one could order a 50 pfennige, 80 pfennige, or one mark meal, (12 cents, 20 cents and 24 cents). The twelve cent meal would consist of one kind of soup, eggs, bread, butter and coffee; with the

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20 cent meal, would be served in addition to the above, one kind of vegetables, while with the 24 cent meal would be served two kinds of vegetables and one kind of dessert. This restaurant was one of the finest in Germany.

Suppers in German Vegetarian restaurants are always served *a la carte*. Breakfasts are not served in regular Vegetarian restaurants there, unless run in connection with a hotel, for it is customary to take breakfast where one rooms. In most hotels, the cost of breakfast is added to the room, while in rooming with private families the breakfast called "*Cafe complet*," is included with the room. It generally consists merely of coffee and rolls, sometimes there is Swiss cheese in addition to the butter for the rolls.

Here and there a little advertising enterprise is shown by the keepers of Vegetarian restaurants; for instance: in Stuttgart, Germany, a proprietor of one of the leading Vegetarian restaurants issues a neat city map, showing the location of the Post Office, Railroad Station and other places of importance, and the convenient proximity of his restaurant to these places.

Many have paper napkins very tastefully gotten up with the addresses of the different Vegetarian restaurants in German cities printed on them, with illustrations of fruits and vegetables in the four corners; some, a handsomely illustrated centerpiece of a cornucopia, or a garden.

Extracts are printed around the border something like the following;

"A man is what he eats."—IMMANUEL KENT.

"Man does not live of that which he eats, but of that which he digests. The Vegetarian diet is the most beneficial and agreeable to our organs, as it contains the greatest amount of carbon hydrates, and the best proportion of albumen."—PROFESSOR VORT.

"To save your system pain and woe
Do not forget to eat quite slow."

"Hot food and drink to toothache wink.
Food and drink hot at each meal,
Soon the health of the stomach steal."

The Vegetarian restaurants bear such

names as "Pomona," "Ceres," "Thalysis," "Our Vegetarian Home," "Quisiana," "The Melon," "The Fruit Basket," etc.

Many Vegetarian restaurants have bath houses in connection, as it makes it convenient for those who diet themselves by order of physicians, who also prescribe baths as a rule. A large one of this description exists in Madgeburg. Even many physicians in Germany who are not themselves Vegetarians, insist on their patients observing a strict Vegetarian diet.

How consistent Vegetarianism is lived up to in some parts of Germany may be seen by the method of a Vegetarian hotel in Dresden, which has bedding of linen and cotton, the covers of a sort of Vegetarian fibre, allowing no feathers, blanket nor hair mattresses, in fact, eliminating everything that animals would have to contribute. Many regret that a suitable substitute has not been found for leather in the manufacture of shoes, etc.

"How can you keep up strength without eating meat?" I am, as you see, a living evidence of what strength is provided by fruits and cereals, as I can walk with any ordinary pedestrian, and at a march, tire most any one living on meat, unless he be a professional sprinter, and as for supplying brain food and strength in one's studies, I was the only Vegetarian in the chemical school of the beet sugar industry; ask any of the professors how my rating compared with the others, for my modesty forbids my making the comparison.

My experiences teach me that a strict Vegetarian—especially if he lives principally on fruits—can get along with very little drink, since the food contains no seasoning to excite thirst. This is a great convenience where one has occasion to march where no water is convenient.

FOOD HOME AND GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

The subject of good wholesome rations is of immense importance to the success of our army and navy. The Greeks and Romans won their greatest laurels on plain wholesome fruit and farinaceous food.

Mr. J. George Heid will continue his articles on: "A Vegetarian on a Journey" and his next article will contain an account of the Vegetarian restaurants in other countries of Europe besides Germany.

The toughest and most enduring creature employed in the war is the army mule and he lives on forage and grain when he can get them, and eats up the wooden sides of his wagon when he cannot get coarse forage.

The Misses Richards of South Bethlehem, Penna. have opened a house for Vegetarian Boarders in that fine old town. Those who desire to spend their vacation among the mountains would find this an excellent opportunity.

We have appealed to the Health Food producers of Battle Creek, Mich., to furnish a model scientific ration for soldiers and sailors. We understand they are producing biscuits, crackers and wafers in which nut food is employed for shortening.

The nitrogenous elements of nuts and their compact nutritive character render

them exceedingly valuable as food for travelers, soldiers and sailors and when combined with whole wheat or Graham flour become an ideal food for all who go away from home.

One reason why soldiers become lifelong invalids after a war is their consumption of diseased pork and beef which either kill the soldier by trichinosis in a few painful years, with the salt pork, or produce a lingering consumption from tuberculous beef. See p. 101.

In view of the success in Europe and America in cycling and other athletic exercises of the vegetable and fruit eaters there need be no fear of our soldiers losing strength by taking pure grain and nut foods instead of the horrid fat pork so full of disease germs as it is well known to be. See articles from the *Scientific American*.

The close of Franklin Rowell's earthly career took place May 24, 1898 at the age of 70, at Tryon, N. C. He was a close student; a good penman, a clear and forcible writer and above all a Vegetarian. His musical talent is highly spoken of. He traveled over many states to find a place suitable for a Vegetarian Colony but generally found out objections which prevented him from making a selection of any one location and he was honest in a candid expression of his opinions.

Attention is called to the advertisement of the New Vegetarian Quarterly. In order to obtain the 2nd class postal privilege for this periodical it will be necessary to present a good list of subscribers. So our friends will please send subscriptions without delay to enable us to save in the item of postage. We have started with 4 pages but hope to increase to eight if encouraged by subscrip-

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tions. We hope every reader will order a supply of these little Postscripts and never send a letter without enclosing one or more.

TUBERCULOSIS CATTLE.

The *Scientific American* gives the following abattoir statistics: In Berlin 12 per cent of the cattle slaughtered are tuberculous; Dresden 14.4; Upper Selessea 9.5; Durham 18.7; Midlothian 20; London 25; New York 20. No wonder so many people are dying of consumption.

A "MYSTERY" EXPLAINED.

Dr. Mackay, Dallas, Texas, in giving an account of the visit of Rev. James Clark, for publication in the *Dallas Herald*, remarked that the mystery about these people (Bible Christians) is in their calling themselves Christians in place of humanitarians—the very antithesis of each other. It is not surprising in view of the partiality to blood-shed shown by many professing Christians, that this idea should arise, but the early Christians of the Bible were humanitarians, and Bible Christians now seek to re-establish Bible Christianity as exemplified by Paul, who declared "If meat make my brother to offend, I will eat no flesh while the world standeth."—1 Cor. VIII, 13.

SCIENCE & SLAUGHTER HOUSES.

The *Scientific American* publishes an article on "The Slaughter House in Relation to Disease" and shows that slaughter houses according to the *Medical Record*, are being investigated and horrid discoveries are being made. It also quotes Ch. Wardell Stiles, Ph. D., who declares that "every slaughter house is from the very nature of things a center of disease." That some of the animals are surely diseased. At least one of the hogs has trichinosis even in a

small drove, and when the offal of this trichinosis hog is fed to hogs which are raised upon the grounds the latter cannot escape infection with trichinæ. The slaughter houses are over-run with rats; the rats feed on the offal and they cannot escape the infection and become transmitters of the disease to hogs and dogs that catch them. The doctor concludes that "every slaughter house is a center of disease for the surrounding country spreading trichinosis, echinococcus disease, gid, wire worm and other troubles caused by animal parasites including tuberculosis, hog cholera, swine plague and other bacterial diseases." Our remedy is the only sure one: Do not touch the slaughtered animals.

IS CHRISTIANITY A RELIGION OF SLAUGHTER?

The *Christian Herald* illustrated its Thanksgiving number by a colored picture with a vegetable and fruit border, but its picture contained a barrel of the dead bodies of turkeys and ten others slung on shoulders or being handed over by butchers. Inside are illustrations of a turkey "ready to be served." Also a picture of a flock of live turkeys and the editor of the *Herald* choosing which shall be selected for the slaughter, and there a girl with a switch and three boys hunting down the poor frightened turkeys selected for killing. The last picture is a dead turkey carried to a poor widow in a home of poverty. The letter-press accompanying gives an account of the editor of the *Christian Herald* presenting 100 turkeys to the Bowery Mission for distribution among poor families. We have no doubt this is all well-meant by the worthy editor, but it is to be regretted that the Christian religion is thus made to appear a religion of blood and slaughter instead of a religion of love and mercy.

HOME DEPARTMENT

SUPER-COOKING.

On receipt of March issue of FOOD I was much interested in Mrs. Gaskell's testimony relating to starch foods. I having myself attempted to subsist for many years on a diet of cereal and other starch foods and and yet never attaining good health, I was almost convinced that a return to flesh food would be a wise plan. Dr. Densmore's Natural Food teaching me my error I found immediate relief in abstaining from starch and freely using nuts and fruit. I also enjoyed entire freedom from colds, a severe attack of which I was subject to when exposed to any sudden change of weather causing a fall of temperature.

During the past year I have many times tried a return to bread and on each occasion have in a few days developed the early symptoms of a cold and once carried the experiment far enough to produce one of my old time complaints. In making these tests my only change of diet consisted in partaking of toasted bread or cakes and syrup for breakfast.

So thoroughly have I gone into this matter that I am now convinced that the starch foods, prepared as we are accustomed to have them, are in some way the cause of our influenza troubles. I am pleased to learn from Mrs. Gaskell's experience that the starch foods can be prepared, and even bread made, in such a way as to avoid the evils I have attributed to them when used in the usual ways; for I cannot well reconcile myself to nor can I afford the loss of flesh due to this abstinence. Will Mrs. Gaskell kindly tell us how bread is to be made super-cooked?—A. B. Brolly, Saratoga, Cal.

RECIPES.

Peanut Beverage.—Brown shelled peanuts as you would coffee, hull and grind in V. S. Mill. Use $\frac{1}{2}$ cup of the ground nuts to a quart of boiling water, dissolving the peanuts in some of the water before putting on to boil. Boil 10 minutes, strain and serve.

Home-made Nuttose.—1 cup ground peanuts, $\frac{1}{2}$ cup browned flour, season with a little salt, pour boiling water over and boil until thick. Place in a mold and let stand in the oven for a few minutes until dry. To be eaten cold; cut in slices for the table.

From Rev Isaac B. Rumford, National City, Cal

Olive Cake.—Moisten cracked wheat, let stand a few hours until the moisture is equal through it. Mix $\frac{1}{4}$ as much dried and seeded olives by measure and run through a vegetable cutter twice; roll out $\frac{1}{4}$ in. thick, cut into shape and dry.

Date Cake.—Make same as above only put in chopped dates instead of olives.

From "Helpful Hints" by Albert Broadbent.

Brown Gravy.—Melt an ounce of butter in a saucepan stir in a dessertspoonful of white flour till mixture browns. Add seasoning to taste; pour boiling or potato water on till the proper thickness is obtained; let it come to a boil.

Fig Pudding.—Put 1 lb. bread crumbs in a basin, melt 2 oz. butter and mix, add $\frac{1}{2}$ lb. figs, cut in small pieces, 1 teacup of sugar, beat two eggs and mix all together with a spoon, add milk or water, and mix to the consistency of a thick batter; steam in a basin in the usual way three hours. Lemon rind grated is a great improvement. Eggs may be omitted if desired.

Lentil Risssoles.—Wash 2 teacups lentils and 1 teacup rice, chop 1 onion, scrape and cut 1 small carrot, put all together in a

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stewpan, cover with water, and cook gently 1 hour, adding more water as required, stirring occasionally; the mixture must be stiff. When cooked, turn out to cool, then form into rolls. Flour with wholemeal, thinly Fry till brown.

From American Kitchen Magazine.

Tomato Omelet, (No eggs)—Stew 1 pt. of tomatoes, and season. Stir in sufficient cracker crumbs to make it like a soft dough. Turn into a hot buttered omelet pan, cook very slowly until a light crust forms, then fold over and turn out.

From Philadelphia Record.

Sandwiches.—Cut very thin slices of bran bread, spread with schmierkase, and put raspberries on it, then the other slice of bread; these are very delicate and pleasing for any one fond of schmierkase.

Frozen Strawberries.—After carefully stemming, lightly rinse 1 qt. of strawberries. Mash them thoroughly and add the juice of 2 lemons and 1 lb. of granulated sugar. Set them aside in a cool place for an hour, then add 1 qt. of water and place in an ice cream freezer and freeze.

PURE FOOD AND HAPPY HOMES.

Your inspiring publication FOOD, HOME & GARDEN for May has just arrived, and I could not resist the inclination to tell you how well pleased I am with its monthly lessons in living. Though I have been an abstainer from a meat diet for several years I have but recently become a reader of Vegetarian literature. From study and observation I learned to regard meat eating as not only unnecessary, but positively injurious and demoralizing. Being thus convinced I gradually discarded meat and all its products from my table, until to-day no kind of animal substance minister to our appetite. The mere smell of meat is odious to me now, and I never pass a butcher shop without having to turn my head and hold my breath.

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I believe we have the ideal location for Vegetarianism. Indeed a person could almost live upon the wild berries that grow in great profusion here. We have wild gooseberries, currants, blackberries, raspberries, salmonberries and numerous other minor kinds.

Two years ago I retired from editorial work and took up the more pleasant and peaceful work of a fruit grower. It is a constant delight to watch Nature in all its moods and to study the needs of and minister to every growing tree and shrub. I think Nature's finest poem is a blooming apple orchard. I wish I could have taken a "snap shot" of one of my favorite apple trees, while in full bloom, for those readers of FOOD, HOME & GARDEN who do not have the opportunity of witnessing such a glorious manifestation, but even then they could not have enjoyed the ineffable sweetness which accompanied its ocular beauty. It was truly a sight to behold, with its great spreading arms of snowy sweetness.

I enjoy reading letters from our friends all over the world, telling of their efforts in the direction of a better life; for that is what true Vegetarianism means. Let us hear from more of our co-workers. It is inspiring and encouraging. Yours for pure food, happy homes and green gardens.—L. E. Rader. Olalla, Wash.

BEST WAY TO MAKE LEMONADE.

The best lemonade is made by boiling sugar and water together and adding the lemon juice after it is cold. Use 1 pound of sugar to each quart of water; add the juice of six lemons and the desired quantity of water at serving time. *Pineapple lemonade may be made by boiling together 1 quart of water, 1 pound of sugar and the grated rind of 1 lemon for 5 minutes. Strain: when cold add the juice of 6 lemons, 1 pineapple, pared & picked into particles & 1 qt. water.

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THE SCIENCE OF CORRECT LIVING.

BY T. E. LONGSHORE.

The structure and tissues of the human body are composed of certain nutrient elements found in many vegetables, fruits and roots, in just such quantities and proportions necessary for human alimentation. They contain the nutritious and innutritious in the proper combination to answer every healthy need of the organism. Science and art have enabled man to analyze and to separate the simples in these vegetable compounds, and sugar is a staple article of diet as one of the results. If there is a deficiency of sugar in some of the more acid fruits we use, it may be added in moderation without any disadvantage or serious violation of a dietetic law.

Sugar, starch, albumen, fibrine and lime being among the leading and essential elements of the animal organism, with traces of other mineral and vegetable properties, which a properly selected diet furnishes in a just proportion or sufficient quantity to meet every healthy organic need. Take for example salt which chemistry pronounces an "innutritious and indigestible mineral poison" taken any other way into the vegetable kingdom, and placed in those foods, it becomes a virulent foreign body, not so fatal as to produce much painful or apparent injury at the time, except when taken in an unusual quantity it produces emesis and its prostrating effects. It is administered successfully often for that especial purpose, the stomach revolting and rejecting the poison from its domain.

Take the use of those popular beverages tea and coffee, which science has decided are chiefly poisons, with scarcely a trace in them of any nutrient element; they are taken entirely for the effect the poisonous properties they contain have upon the nerves and brain. They produce a slight narcot-

izing irritating and exhilarating effect, exciting a belief that they are a refreshing nutrient and strengthening aliment to the nervous structures. When in fact it is the slow, slightly irritating poison of the theine and caffeine they contain disturbing the healthy nerves that causes the exhilarating sensation which is mistaken for an increase of nerve power for the misguided victim. The tannic acid in these beverages has prematurely deranged and destroyed the healthy, normal action of the liver and kidneys and sent millions to premature graves. These glands are filters to eliminate from the blood the impurities from worn out tissues and other unhealthy substances from errors in the choice of foods. But when a stream of poison is thrown into the stomach through the daily use of tea and coffee, these glands are overtaxed and their integrity destroyed. The tannic acid acting through a long period on their delicate sensitive structures, so changes the fibers, by the process of tanning and hardening their tissues, and deranging the function, that they can no longer filter the impurities from the blood, so that fluid goes its rounds in the circulation without being purified carrying the debris and disease to every part of the body.

The weaker organs feel the injury first in acute disturbances. Then the whole system is affected with weakness producing languor, depression and an aversion to activity. There is a shrinking of the muscles and falling away of the flesh with a haggard, wan, cadaverous complexion and a decline of power.

The carnivora sticks to his flesh foods, his salt and his poison beverages, eating and drinking and torturing himself to his premature grave, dying like a saint and hero, a devotee to his blind devotion to these blessed beverages and irritants.

THE GARDEN



N. CAROLINA FOR STRAWBERRIES.

North Carolina is coming to the front in strawberry culture. The black, moist lands of the coast being specially favorable to the production of strawberries in particular and the farmers are reaping a rich harvest of this luscious fruit. In England the Carolina Strawberry had a high reputation fifty years ago.

THE EXPOSITION OF 1899.

The Philadelphia Commercial Museum is preparing to hold a National Exposition in Philadelphia, in 1899, of American Products and Manufactures, especially suited for export. Its museums on Fourth St., in Philadelphia, are devoted to foreign products and giving information calculated to aid dealers and manufacturers to select from foreign sources what they may require in the prosecution of their business. We think the proposed Exposition will be a good opportunity for the Health Food Manufacturers and Vegetarian Societies, Horticulturists, Seedsmen, Florists, Fruit Growers to exhibit their products and hold conferences in the promulgation of advanced views. Mr. W. P. Wilson, Director, 233 S. Fourth St., Philada.

THE PECOS VALLEY, N. M.

The Pecos River Valley of New Mexico; the land of sunshine! I have spent some little time there lately; so I speak of what I have seen, not from what is advertised. The invalid and rest seeker, and even Vegetarian Colonizers cannot fail to find here everything needful to health and success. It is an ideal climate; where one can enjoy constant open air the year through. The fruits of California, equal in size and quality, are grown by irrigation. The soil in

Pecos Valley is unexceptionally fertile, accessible to all points by the Pecos Valley R. R. I remembered, when there, the many inducements placed before Vegetarians of America for colonization in different parts of the South and South-west and determined to lift my pen in praise of this, and would be glad to answer any questions from enquirers. Indeed it is humane that the sick and well should be informed where the sun shines every day of the year: where rain and snow do not fall and the cyclone is not. This valley lies in the central part of New Mexico: the White and the Gaudulupe mountains are in sight.—Mrs. M. F. B. Smith, 1611 17th St., West Superior, Wis.

VACANT LOT IMPROVEMENT.

No municipal improvement next to well paved streets, would do so much to improve the health and appearance of cities and villages as the compulsory improvement of all vacant lots. Among the advantages of such legislation would be:

- 1—Giving employment to the un-employed who become chargeable to the municipality.
- 2—All undrained lots that are now sources of sickness and disease would become promotive of health.
- 3—All adjoining real estate as well as the lots improved would become more valuable and attractive to home seekers.
- 4—The general atmosphere of cities and towns would be greatly improved.
- 5—The beauty and attractiveness of both urban and suburban locations would be increased far beyond the cost of such improvements.
- 6—A supply of fresh vegetables and fruit in localities now dependent on markets supplied from distant sources would become possible.



THE FUNCTIONS OF LIME.

Jas. L. Duncan, lecturing farmers on lime, says :

Let us look at some of the more important effects of lime on the soil. 1.—We may notice that it supplies the plant with food, i. e., it has just the same function to perform as nitrogen, phosphate and potash in this respect.

2.—Lime sweetens sour land and renders harmless certain compounds of iron, etc. When we speak of land being sour, we mean it contains some acid body. When lime comes in contact with an acid body it neutralizes it or renders it harmless.

3.—Lime causes the more rapid decomposition of organic matter in the soil. The organic portion of a soil is the part of a soil which disappears when we burn it—it is simply the remains of former animal and vegetable matter—while the portion which will not burn is called the inorganic or mineral matter.

4.—Lime sets potash free from the mineral portion of the soil. Some soils contain a large quantity of potash, but it is not in a form in which it can be of service to the plant. One of the effects of lime is to set part of this potash free from the combinations in which it exists, and convert it into a valuable manure.

5.—Lime makes stiff soils to be more easily wrought. This is well known to every practical farmer.

6.—Lime prevents, or at least minimizes, disease, such as finger-and-toe in turnips.

7.—Lime assists in the process of nitrification, or, as we might put it, assists in the production of nitrate in the soil ; and this is what I consider the most important work lime has to perform in the soil.—*Farmer's Review*.

ROSES FOR ALL SUMMER.

It is easy to have roses during the month of June, while the rose-tide is fully on, and in many a quaint old garden, the first harbinger of the rose season, following close in the wake of the lilacs, is the old-fashioned Yellow Briar, just as beautiful to-day, in its wealth of glittering gold, as it was in days of yore,—those quiet, peaceful days when the fragrant Sweet Briar and the spicy Cinnamon rose held so warm a place in the heart, and so large a place in the garden. These, with the Scotch Briars, were early bloomers and very hardy. As their season began to wane, the Provence and the dark velvety Damask, with other hardy June roses, took up the thread in the lovely, rose-hued woof of June and wrought their beautiful mantle over many a riotous mass in tangled nook and corner. But their season was all too brief, and, once it was closed, a long twelve months must needs roll by before roses come again.

The Hybrid Perpetuals of our gardens have opened up a more enduring field of beauty ; and while they do not bloom with the constancy of the Tea roses, they are more imposing while they do bloom.

Culture is all in all with these roses. A Hybrid which, in common garden soil, is left to shift for itself, may perhaps never yield more than its June crop of flowers ; but keep the soil well enriched—it cannot be too rich—keep it stirred and mellow, and do not allow the plant to stop growing, and note the result. This is the only way to bring out the good points, for the flowers are formed on the new wood. Given a well-drained bed, from eighteen inches to two feet deep, under above treatment, the plants of this class of roses will make a surprising growth of wood and yield the same proportion of noble flowers.—*Vicks Magazine*.

APPLE BLOSSOM

THE STORY OF BENJAMIN FRANKLIN.

CHAPTER I.

THE life and success of Benjamin Franklin should inspire American youths with an ambition to be, in their time, as useful as Franklin was in his. The foundation of Franklin's greatness and success was laid in his youth. Born in Boston, Mass., January 6, 1706, old style, Jan. 17 of our present calendar, he was the youngest boy of a family of seventeen children. He early took a dislike to his father's business, a tallow chandler. The smell of the fat obtained by killing animals was disagreeable to him. He was therefore apprenticed to his brother, a printer, who paid for his board. He read Tryon's *Way to Health, Long Life and Happiness*, which pointed out that Vegetarian fare would promote his health and extend his days, so he concluded to subsist on fruits and bread, and he gave up the practice of eating butchers' meat. He told his brother that if he would pay him half what he was paying for his (Benjamin's) board, he would board himself. He did so, and Benjamin purchased raisins and bread for his noon lunch at the office, and for his morning and evening meals he cooked hasty pudding (mush), rice, potatoes, etc. Our picture represents him at the office taking



his noon lunch, with a pitcher of ice water and reading a book. He found that with the money his brother gave him, although only half what he had been paying for his board, he was able to purchase all the food he required, and yet have left half for himself, which he judiciously expended on the purchase of books, thus he fed both body and mind at half the expense his board had been to his brother.

So rapid was he in his acquisition of knowledge, that he began to write for his brother's newspaper, the *New England Courant*, under various disguises. There were critics who came to the office and conferred together in regard to the articles which were received, and he had the pleasure of hearing his own productions well spoken of and attributed to certain prominent individuals, showing that they were highly thought of. Our illustration shows Benjamin at work at



the case, but listening at the same time to the remarks of his brother's advisers.

(To be continued in our next issue.)

IMPROVED VEGETARIAN SOCIETY MILL.

We have received the following note from the New Machine Co., that manufacture the Vegetarian S'y Mill, dated Feb. 4th, 1898:

"We are glad to know that you were pleased with the last three which we sent you and think that you will be still more pleased with these as we have made some changes in the pattern, which we think are a great improvement."

The mills have arrived and we find the improvement consists in the hopper being made one casting with the body of the mill on which it stands, improving the shape so as to facilitate the feeding of the mill. The weight of the mill is also decreased without impairing its strength.

TESTIMONIALS.

The following are all voluntary testimonials as to the value of the Vegetarian Society Mill.

Having used the mill I have no hesitation in saying that it will perfectly meet the needs of those who desire pure food supplies of their own manufacture.—Mrs. Ellen Goodell Smith in the *Fat of the Land* p. 52.

I have received the mill. I am well pleased with it. I have it set up at a friend's house who is using it.—H. J. Marty, Cleveland, O.

I ordered one of your mills in Feb. '97 and have had it in constant use in my family ever since. I could not do without it. I find the sieves unnecessary, and I am in hearty agreement with you that it is conducive to health to eat bran and all with our wheat. We are all very fond of pea-nut butter and the mill makes it to perfection. I am constantly finding new possibilities in the mill.—Rev. Elmer F. Krause, Leechburg, Armstrong Co., Pa.

The mill is here; set up and working for higher ethics and better morals among all my neighbors. I am delighted with it, for though it is easy enough for me to be a Vegetarian, it is a very difficult thing for most people because whole wheat flour spoils by dampness so soon and few people can tell whether they are eating food or mere rubbish. By baking peanuts very brown and salting well I can grind them into paste which no meat eater can tell

from meat by look or taste.—Mrs. N.E. Arnold, Daytona, Florida.

So far as I have had opportunity to try it I think the mill will do excellent work.—E. L. Richardson, Avon Park, Florida.

The V. S. Mill came all right. The mill is strong and durable and will do all you claim for it. I am well pleased with it.—E. Treasure.

I have had a pretty good chance to test the Vegetarian Society Mill here this winter and I find it very useful indeed.—James E. Ainsley, Winterset, Iowa, Feb. 20th, 1898.

It works satisfactorily. It is simple in construction; easily turned and suitable for a variety of purposes in a household. We have ground wheat and maize of different degrees of fineness and nuts to our satisfaction with it.—Prof. D. Gregorson, Santa Barbara, Cal.

WHAT CAN BE DONE WITH IT.

An almost endless variety of health foods can be made with this mill. The following directions for some of the products will be suggestive also of many others which an intelligent experimenter can turn out:

No. 1.—To make Lentil, Peas and Buckwheat flour, simply grind the fineness desired.

No. 2.—Whole wheat flour.—Grind the best, thoroughly cleansed wheat obtainable as finely as possible and sieve out the bran.

No. 3.—Wheatena.—This excellent food for mush is made by grinding the wheat as for whole wheat flour and sieving out both the fine flour and the coarsest bran.

No. 4.—Gluten flour.—Regrind the bran extracted from the whole wheat flour (No. 2.) and Wheatena (No. 3.) and sieve out the light bran.

RECIPE.

From Miss Lilyan Richards, 132 Autumn St., Passaic, N. J.

Nut food Croquettes.—We do like your nut food very much. Sometimes we form it into little croquettes whirling it in egg and then in cracker crumbs or granola and frying in nutcoa.—This is good made from any kind of nuts ground in this mill.

The improved Mill is not increased in price. To obtain it remit \$4.75 in check, draft, or money order to V. S. A., 310 Chestnut St., Phila.



MRS. P. B. ALCOTT.



DR. WM. A. ALCOTT.

FOOD, HOME AND GARDEN.

VOL. II, NEW SERIES, NO. 20. AUGUST, SEPTEMBER, 1898. WHOLE NUMBER 93.

THE ALCOTT CENTENNIAL.

THE name of Alcott has for sixty years been pleasantly associated with Vegetarian practice in our minds, for it was at Alcott House, Surrey, England, that we received a good part of our education in that practice. The food at Alcott House was chiefly wheatmeal and raisins made into loaves by our old friend Aitkin, who afterwards became Elder in the Shaker Community at Enfield, Conn.

Wm. A. Alcott was born Aug. 6, 1798, and we celebrate this Alcott Centennial by publishing in August, 1898, a portrait and sketch of our worthy predecessor as President of the first American Vegetarian Society.

The portrait is a reproduction from a steel engraving published in *Carnard's Journal of Education*, March, 1858, when the Doctor had attained his sixtieth year.

His father was an industrious farmer at Wolcott, Conn., and his mother a woman of intelligence and good practical wisdom, a teacher before her marriage. From this bright New England mother William A. received his ambition to serve others and to receive a good education with that end in view. His mother's instruction prepared him for the terms of the district school which he attended winter and summer until eight years of age, and winter terms afterwards for four years. He soon distinguished himself as a scholar and became monitor, affording much aid to the other scholars after school hours, in doing which

he took great delight. He also attended a school, kept by the minister of the parish, where he acquired a more perfect knowledge of Grammar, Geography and Composition. In this school he also learned a good deal by teaching others and his mother's teaching in this respect became confirmed in his own experience.

He was never fond of boyish sports being especially opposed to those cruel pastimes called angling, shooting and trapping, all of which he regarded as unmanly. He acquired a great love of books in which his mother encouraged him. While engaged in paring apples and other domestic operations, his mother related to him the results of her own reading and thus kept alive his thirst for knowledge and literature.

"His ambition (like that of Franklin), was to be a printer, but his father had not the money to pay for his apprenticeship, so he continued to work upon the farm, and at the age of eighteen he became the teacher of his native village school at a salary of ten dollars a month. He continued teaching six successive winters in different parts of Connecticut and one year in the South.

During the winter of 1824-5, he had charge of the Central High School of Bristol, and boarding in the family of a physician. He commenced the study of medicine. In order to gain time for study he restricted himself to four hours' sleep, which rendered him nervous and irritable, and finally brought on a sickness from which, however, he unexpectedly recovered. The next

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winter he attended medical lectures at New Haven, and the following March received a license to practice medicine and surgery. But his health was far from good, and he became more apprehensive than consumptive people usually are, of a fatal result. On entering the fourth year of his medical practice, his health was so improved that he volunteered to return to teaching.

Writing in 1838, Dr. Alcott declares that twelve years before he was in the first stage of tuberculous consumption and advancing rapidly to the second. At the time of commencing medical practice he laid aside his feather bed and slept on straw, and in December of the same year (1826), abandoned spirits and most kinds of stimulating food. It was not until 1830 that he abandoned all drinks but water, and all flesh, fish and all other highly stimulating and concentrated aliments, and confined himself to a diet of milk and vegetables. From this time he commenced the collection of facts on the subject of Human Health, which became of great value to him in the compilation of books. On removing to Boston in 1832, he published in July an anonymous pamphlet entitled, "Rational View of Spasmodic Cholera."

He was formerly subject to palpitations, these became less frequent. Formerly he had nearly all the epidemics that appeared, but since his change of diet he had very few attacks of this nature, although living in the city of Boston, which at that time was subject to many epidemics, and is a climate particularly irritating to weak lungs. Now he had but few colds. An attack of inflammation of the ear attended with fever was overcome by abstinence and emollient applications, and he was soon restored. He was confident that since he commenced the use of vegetable diet he had been a great gainer in being less liable to cold, and the

ease with which a cold was overcome if contracted.

Dr. Alcott then describes his experiment in diet :

"The experiment was fully begun four years ago last summer, though I had been making great changes in my physical habits for four years before. For about three years I used neither flesh nor fish, nor even eggs more than two or three times a year. The only animal food I used was milk, and for some long periods not even that."

Dr. Alcott tried eating flesh moderately for a while after this, but at last laid it aside entirely with no intention of resuming it. He regarded vegetable food as less aperient in his case than animal.

Dr. Alcott thus describes his dietary habits: "I use bread made of unbolted white meal, in moderate quantity, when I can get it; plain Indian (maize) cakes, once a day, rice once a day, milk once a day. My plan is to eat as few things as possible at the same meal, but to have considerable variety at different meals. I use no new bread or pastry, no cheese and but little butter, and very little fruit, except apples in moderate quantity.

On this diet Dr. Alcott gradually gained strength, so that the consumptive tendency which came so near proving fatal in his early manhood, was so overcome that he was able to pursue his favorite calling as teacher in the form of lecturer to the public schools of New England. Although he never took on a superabundance of flesh, he attained that wiry nature which enabled him to perform a large amount of literary and even physical labor as well as to travel about as a public lecturer.

In 1852, we find him writing in the *American Vegetarian* an article entitled, "Thirteen Sermons a Day," in which he relates that "At the termination of one of

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my campaigns in Southeastern Massachusetts, Captain S. F. said to me: "How is it, my dear friend, that while our ministers so often break down under the weight of two or three sermons a week, you, who appear more feeble than most of them, can preach every day, sometimes two or three times a day, and yet only acquire hardihood by it?"

"At this time I was indeed able to lecture not only every day, but several times a day. I had given on occasions, some eight or nine of these lectures in public schools in places I visited, besides a long public lecture in the evening. During a late tour in Ohio I found my constitution so far renovated and invigorated as to be equal to the task of speaking six hours during the day and two in the evening. This in one instance in the city of Cleveland, resulted in twelve lectures in the schools and one public lecture in the evening. That I could continue this number, I have no certain evidence, but I do know that I was able, and am now able, to endure the labor of several lectures every forenoon and afternoon, and one in the evening day by day throughout the year.

"But my own power of endurance is often tested in another and less equivocal manner. I am now able to visit from fifty to seventy-five families in a day, besides giving a lecture of two hours in the evening. These family visits involve a vast amount of conversation on various topics, often exciting and always more or less exhausting. Were it the ordinary chit-chat of the day or mere gossip, it would be quite another matter; but more frequently, indeed almost always, it involves protracted discussions on the laws of health and disease, the necessity and duty of reform, etc. My deep interest in all that bears on the well-being of humanity precludes the possibility of my

conversing on such topics without interest—a degree of interest which soon flags without moral courage and effort. And they alone know who have tried it, how much conversation of this kind continued from morning till evening and sometimes extended by the curious and inquiring to late hours in the evening, will fatigue and even wear upon the system."

Dr. Alcott wrote about a dozen books in which Vegetarian habits were prescribed and sustained by facts, arguments and authorities, besides other educational works, 108 in all.

He was elected first president of the American Vegetarian Society in 1850, and in his address to the meeting that elected him, he gave a high testimony as to the good effects of living on a pure diet of bread made of coarsely ground wheatmeal, parched grains, plain puddings and the best fruits of the season.

Mrs. P. B. Alcott, his widow, still survives and enjoys life at the age of 86, a healthy Vegetarian, a mother of Rev. Wm. P. Alcott and Mrs. Phebe Crafts, who remain true to the faith and practice of their illustrious father.

The portrait of Mrs. P. B. Alcott on page 113 is from photo taken in 1882, her 70th year.

Rev. Wm. P. Alcott, Boxford, Mass., writes under date of July 19, 1898:

"My mother, Phoebe Bronson Alcott, was born Nov. 8, 1812, in Wolcott, Conn. She now resides with her daughter, at Oberlin, Ohio. At a recent visit, I found her unusually well and she is said to look twenty years younger than her real age. She has no disease about her but prefers a quiet life. I believe that she to whom I owe so much has been counted by all acquaintances an uncommonly intelligent, level-headed and faithful christian woman. Her works praise her and her children "rise up and call her blessed."

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A VEGETARIAN ON A JOURNEY.

ARTICLE IV.

BY J. GEORGE HEID, ST. LOUIS, MO.

In Germany, every confectioner who serves coffee, every hotel, every ice cream saloon and every non-Vegetarian restaurant also serves beer and wine. Not so the Vegetarian restaurants. When telling some Germans that in the United States a strictly first-class confectionery and ice cream saloon would not serve beer or other intoxicants they were much surprised, and asked: "But what does a man do while the lady eats ice cream, ices, or drinks soda water, if he can have no beer?"

In the city of Stralsund, Pomerania, one man said to me: "But my dearsir! How does the beer agree with such a strange diet?"

In another city, a man told me in all sincerity, that he tried the Vegetarian diet for a while, but was forced to give it up, as he did not have the proper relish for beer during the whole time he lived that way. And when one thinks of it! Oranges, dish of oatmeal and a schooner of beer! Or think how one would relish a glass of beer with a big slice of water-melon and a fruit-pudding?

While all this may sound very discouraging, it is pleasant to know that right in Germany, Vegetarianism is gaining rapidly, and the following encouraged me especially:

Physicians sometimes find that their patients are much injured by excessive beer drinking, and knowing that they cannot prevail on them to stop this, they prescribe strict Vegetarian diet for them, and in a little while the thirst for beer diminishes of itself, while the patient, finding himself improving, ascribes it to the diet, which is after all the primary cause.

In Frankfort-on-the-Main, a German Vegetarian said to me in his excellent German; and he was a well educated man: "While I am convinced that the Vegetarian diet is conducive to health generally, I know that in my case it redeemed me morally and physically. I was addicted to the habit of drink to such an extent that I was frequently taken out of the gutter. I felt the disgrace keenly and tried everything in my power to reform, but the harder I tried, the more I drank, and I finally considered myself beyond human aid. But fortunately, I was induced to try Vegetarianism; not that I had such confidence in it, and it was a difficult thing to live up to at first, but at the last resort I made the effort and found that soon my unnatural appetite for alcoholic beverages decreased perceptibly and to my unspeakable delight, I found myself able, in time, to conquer the passion entirely, and for several years have not touched a drop of the vile stuff. But, I find the only absolute cure is total abstinence, and I surely may claim to speak from experience. When I hear people talking to me of moderate drinking, I become impatient, for I have never found many yet who did not claim to drink moderately, and it is the moderate drinkers who eventually fill a drunkard's grave. One may drink moderately one day, or perhaps two or three days, and then relapse into the old evil again. In fact, it is so hard to know where the line must be drawn between moderate drinking and sottism. But of one thing I have convinced myself, which is, that to avoid drunkenness, the absolutely safe method is to shun strong drink altogether, and to do this, a great aid is to be found in Vegetarianism."

This was very frank talk and certainly a high tribute to Vegetarianism. It pleased me so to meet this apparently sincere man,

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that I was interested enough in his case to make inquiries about him, and found to my delight that he was a man now held in high esteem among the Frankfort citizens, and that he had at one time been considered an incurable drunkard.

In Sweden, I was struck with the different customs, for instance: the railroad stations are not connected with saloons, nor is beer or wine served in the majority of the confectioneries or ice cream saloons. In fact, alcoholic drinking is not carried on very excessively in Sweden. In the city of Stockholm, the capitol of Sweden, I found two excellent Vegetarian restaurants, one, however, had salmon on the bill of fare.

It is remarkable how that fallacy about cold climates making meat-eating necessary is exploded on nearer acquaintance. For here were many who never ate meat and were frequently exposed to severe cold temperature, who were as fully able to stand it, if not better, than those who ate meats.

A bread called "hard brod" is used very extensively in Sweden. "Brod" is the Swedish word for bread. This hard bread is in the form of round flat loaves, about as large as a large sized dinner plate, but not much thicker than our ordinary crackers. It is made from entire wheat flour and is something like what we call here "educator crackers." I found it very palatable and they claim it to be excellent for supplying warmth to the body. They say there that cold can be endured much better by eating the "hard brod" than by a meat diet. A loaf of this bread costs 5 ores (about $1\frac{1}{3}$ cents) and makes a good meal. One thing is certain, you eat it slowly; no hasty indigestive meal to complain of. Vegetarian restaurants are not very plentiful in Sweden, because nearly every restaurant,

like in England, furnishes an abundant variety of fruits and vegetables, so that the need of special restaurants is not great enough to support many.

In one of the country towns of Sweden, I remarked to a lady that I could not get people to understand there that I was a Vegetarian, could not make myself understood in the Swedish language that I did not eat meat. She replied in Swedish: "Oh, you speak Swedish well enough, but no doubt it is the same with them as with me. We can understand that you do not eat meat, but cannot imagine a reason why you do not." But fortunately this was confined to a small class of Swedes, for many practice Vegetarianism there, and many who are not Vegetarians find much to recommend it.

In Copenhagen (called there "Kjobenhavn") the capitol of Denmark, I found a fruit restaurant carried on in connection with a fruit store, in which only fruits could be ordered, and these were very reasonable. A bill of fare to select from was: watermelon, cantelopes, grapes, prunes, cherries, strawberries, raspberries and blackberries. A plate and napkin is placed before the guest, and each kind of fruit he orders is placed on the table in separate dishes, with a small pitcher of cream, some sugar and salt placed before him. No meal is served under 50 ores ($1\frac{1}{2}$ cents) that being the cost of any dish of fruit, but when three varieties are ordered, the cost was only one "krona" (27 cents). They told me that in their season they sold apples, oranges, bananas and pineapples, giving persons living exclusively on fruit, a good variety to choose from.

In article V, I shall conclude the description of my journey with experiences in Austria, France and England.

FOOD HOME AND GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

Our objection to the Chinese criticism (page 124) of European flesh-eaters is that it is unjust to the sheep.

Athletic facts are accumulating both in Europe and America proving the endurance of Vegetarians who of course are teetotalers as well.

We have prepared blanks for the Vegetarian Census and will send them to any of our friends willing to aid us in making it complete.

The Home Health Book by Dr. David H. Reeder, given to each subscriber of the Weekly *Inter Ocean* is a valuable treatise. It condemns swine's flesh and gives many useful hygienic suggestions.

Where people stumble in regard to Vegetarian practice is usually in the want of a proper and careful selection and preparation of food adapted to their requirements. The *American Vegetarian Cookery* for 15 cts. supplies this information.

Mr. R. F. Parnell is the Superintendent of the Vacant Lots Cultivation Association who wrote the excellent article on Compulsory Cultivation on p. 124. We are glad that the proposal in our July number meets the approval of the executive of this association. Who will prepare the legislative measure?

The *Inter Ocean*, Chicago, has always been a good friend to the Vegetarian cause. It has engaged Dr. David H. Reeder, who was editor of the *New Race* to take charge of its *Home Health Club* which secures for each subscriber of \$1.00 the Weekly *Inter Ocean* for one year, and Vol I of the Home Health books.

The Irish Court of Appeal in Dublin has decided that Vegetarian Societies are Charitable Institutions and gifts to them legal under certain statutes. This secures £100 a year forever to the London Vegetarian Society and the same to the Vegetarian Society, Manchester, by will of Mrs. Cranston of Belfast.

The general newspaper and periodical press is advocating positive Vegetarianism piecemeal. Some advocate the use of fruits; some of special varieties of fruit as specifics and preventives of certain diseases; others extol the virtues of nuts; others of oats, wheat and other cereals and nearly all condemn the use of much flesh "in hot weather." Thus the truth of Vegetarianism is being acknowledged and is gaining ground in the public mind.

Because abstaining from flesh is necessarily made the distinctive requirement of membership in Vegetarian Societies, it has been supposed that this constitutes Vegetarianism. But while the negative is essential to the enjoyment of Vegetarian life, the positive requirement of living upon a selection from the nuts, fruits, cereals and vegetables is what we claim the correct definition of Vegetarian philosophy.

The signal victory gained by eight Vegetarians in Berlin over fourteen flesh-eaters in a 70 mile walking test should have some influence in regulating the army ration.

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This country has led other nations in abolishing grog in the navy ration and whiskey has been prohibited in the army we believe, except as medicine, with quinine. The next step is to abolish the filthy pork as a ration so as to preserve the soldiers from trichinea and hog cholera; and next the corn beef ration; then the poisonous potted beef must be abandoned and then there will be a chance for a soldier to come from a war in as good health as he went.

The *Chicago Tribune* refers to the marriage of C. F. Silliman to Annie Force English and says that "Miss English was a telegrapher in the Agricultural Department at a salary of \$100 a month, and in ten years of her service has not lost an hour or been a moment late. She is a Vegetarian which cause is assigned by some for her good record."

With this number we give some account of what can be done with the Vegetarian Society Mill. People who attempt Vegetarianism on white or baker's bread; dairy butter and ordinary tea, coffee and condiments are very apt to fail to realize the real benefits of the new life, but with the facilities offered by this mill they may obtain a family supply of good, pure, wholesome food at less than half the cost of the adulterated and often unclean foods obtained from ordinary sources. Even where the use of flesh meat has not been abandoned, the use of one of these mills will be found to add immensely to the health and enjoyment of domestic life.

"SALT HORSE."

The complaints of sailors and soldiers about the rations provided for them are numerous and what is worse they are well founded. One young man on a blockading

vessel writes to his mother: "We cannot get enough water to drink. We only get a quart every twenty-four hours. If I could get one of your good meals it would be a paradise compared with this fare. There is nothing but hardtack, 'salt horse' and canned meats. I will never eat any canned meats or 'salt horse' again if I get home all right."

FRUIT & VEGETABLE TROLLEY.

Col. J. C. Bonner of Toledo, O., has invented a Trolley truck for the conveyance of farm wagons so that fresh fruit and vegetables can be taken during the early hours of the morning by trolley roads into the city. We suggested such a use of the Trolley roads sometime ago and are glad that Toledo City Councils have given Col. B. an opportunity to try his experiment for a year, although several years will be required to develop all the advantages of this improvement.

THE ARMY RATION.

The *Republican* Wauseon, Ohio, refers in complimentary terms to our efforts to obtain an improved ration for soldiers and sailors from the Battle Creek Bakeries. Our response from Battle Creek was that government officials were not willing to pay enough for soldiers' ration to enable the Health Food Co. to supply a scientific ration. But we understand the present hardtack and fat pork and beans ration costs the government 40 cts. a day. Now it would be impossible for a soldier to eat 40 cts. worth of cereal Health Foods a day even at the present retail price, and the substitution of pulse for a portion of the health foods would not increase the cost but diminish it. We have suggested that our Battle Creek friends endeavor to supply health foods to the hospitals if not to the camps.

Aug.-Sep.

HOME DEPARTMENT

DINNER MENU.

Nasturtium Salad. Sliced Tomatoes. French Dressing.
 Peanut and Walnut Sandwiches.
 Potatoes and Parsley Sauce. Corn Timbales.
 Oatmeal Wafers. Brown Bread.
 Raspberry Cream. Sliced Peaches. Ripe Plums.
 Spring Water.

RECIPES.

Nasturtium Salad.—Slice 2 hard boiled eggs over a dish of shredded lettuce and dot with nasturtium flowers. Serve with French dressing.

French Salad Dressing.—In a small bowl put a level teaspoonful of salt, half a saltspoon of pepper and 3 tablespoons of oil; stir until the salt dissolves, then add 1 tablespoon of good vinegar (preferably tarragon,) blend thoroughly and pour over the salad.

From The Delineator.

Corn Timbales.—Grate the corn from the ears, beat 5 eggs until light, and add $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon of white pepper, 4 ounces of fine cracker crumbs and 1 pt. of the grated corn. Pour into timbale moulds dusted with parsley chopped fine and previously greased. Set in a baking pan of boiling water, cover with a sheet of buttered paper and cook in the oven twenty minutes. Serve with tomato sauce.

Tomato Sauce.—Put 2 tablespoons of butter into a saucepan, add a chopped onion and fry brown. Stir in a tablespoon of flour and 1 qt. of stewed tomatoes. Let simmer for 10 minutes, strain and then add seasoning to taste and a little minced parsley.

Raspberry Cream.—Take 1 qt. of ripe, red raspberries, bruise them, cover with pulverized sugar, and let them stand for $\frac{1}{2}$ hour; then rub them through a fine sieve. Measure this pulp and add to it an equal quantity of rich, sweetened cream. Whip

it to a stiff froth. Cover the bottom of a glass dish thickly with lady-fingers and pour the cream over them, and stand on the ice until ready to serve.

HEALTH FOODS.

BY JOSEPHINE GRANNIS.

Very few consider the laws which govern the health of men are as much divine as is the Decalogue; and that the infraction thereof is the breaking of the moral code. When we understand this we shall heed the injunction, "Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God."

No reformation has ever been accomplished without opposition; and health reform is stronger to-day for this; for opposition reveals the principles of truth upon which it is based. The influence of Graham is well known, and that of his many followers and the members of the Ralston Health Club is a force which will continue to grow. While most advocate the reform from a purely physical standpoint, at least one body of Christians, some fifty thousand strong, base it entirely upon religious grounds. Yet here, as in every other school, there are health reformers, and health deformaters.

From an insignificant beginning about thirty years ago, the publication of a little health journal, grew a small sanitarium where rational methods of treatment far in advance of the day were employed: we have to-day six sanitariums, the largest of which is located in Battle Creek, Mich., and the others scattered over this and other continents. The journal *Good Health* is the successor of the first sheet referred to, and is winning praise from all who read it.

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Perhaps the Sanitarium at Battle Creek is the largest and most widely known of all the institutions of its kind. In these institutions, the treatment of disease being both restorative and preventive, the aim is to cure, if possible, and so to instruct the patient, that he may know how to avoid that which has brought him into bondage to disease. To remove the cause, rather than mere symptoms, is the office of the Sanitarium physician. Drugs do not accomplish this, but only augment the disorders of the system. "If all people understood the value of water to cool, cleanse, invigorate and sustain life, and how to use it, and would use it, one-half of all the afflictions from disease would be removed; and the other half might be banished if all understood how, and what to eat, how to breathe, and the necessity of daily, vigorous exercise." Massage, electricity, exercise, water in the form of baths, packs, fomentations, heat, proper food, prepared without grease and condiments, abundance of fruit, healthful dress, fresh air, will work wonders for the sick, and will keep a well person in robust health.

Cases of obstinate eye and ear difficulties have been cured by no other means than a reform in diet. It is not what we eat, but what we digest which is of benefit to us. Defective nutrition throws the whole system into a state of war. This is the cause of much of the irritability of temper which is so hard to overcome.

In normal digestion about one-fourth of the starch in our food is digested in the mouth by means of the saliva; the remainder is well mixed with it, and the work is continued in the stomach. In cases of "slow digestion," the acidity of the stomach prevents the further action of the saliva either wholly or in part; the starch, being imperfectly digested, is not readily

absorbed, and being too long retained in the stomach, undergoes fermentation. Another reason of slow digestion is that too much fluid is taken with the meal, and the stomach secretion is thus diminished in its strength; hence it is better to drink little either during or near mealtime. The drier foods, well masticated, are more easily digested and assimilated.

In the first stages of consumption and of other wasting diseases, perhaps the first symptom noticed is a loss of flesh. If at this period, food of a very nourishing character were taken, the system would be better able to grapple with the germs, and be kept in health, so that it might continue its work of ridding itself of the germs which might intrude. In a weakened state, the germs grow and multiply, and finally death ends all. Most physicians recommend emulsions of cod liver oil at this time of need. It has been known by them that nuts are of the highest value as tissue builders, but their indigestibility has prevented their use to any great extent. Now, however, a means has been devised whereby they are rendered exceedingly palatable, and also very easy of digestion; so much so in fact, that they can be used by those who cannot eat other foods. The reason is that by grinding, the globules of the indigestible free oil are in the process, so broken up and carried in emulsion that the weakest stomach can assimilate the nut products.

It is generally believed that Vegetarians are so called because of their use of vegetables. But the word Vegetarian really comes from a Latin verb which means "to be strong, to grow." It is true that vegetable comes from the same word, but it has a different signification. Hence the true Vegetarian is the one who from the varied stores of Nature, selects that which is best suited to keep him in the best health.

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VEGETARIAN VICTORY.

MEAT-EATERS WALKED OFF THEIR LEGS.

A very interesting walking match took place at Berlin last Sunday over a distance of about 70 English miles. There were twenty-two starters, amongst them eight Vegetarians, and the distance had to be covered within eighteen hours. The interesting result was that the first six to arrive at the goal were Vegetarians, the first finishing in fourteen and a quarter hours, the second in fourteen hours and a half, the third in fifteen hours and a half, the fourth in sixteen hours, the fifth in sixteen hours and a half, and the sixth in seventeen hours and a half. The two last missed their way and walked five miles more. All reached the goal in splendid condition. Not till an hour after the last Vegetarian arrived did the first meat-eater appear, completely exhausted. He moreover, was the only one, the others having dropped off after thirty-five miles.—Birmingham, England. *Argus*.

The N. Y. *Sun* published the same report under this heading: "Vegetarians Rejoice. The German Walking Test Claimed as a Triumph for their hobby." It seems to be a claim that is acknowledged by the English press and cannot be disputed.

COMPULSORY IMPROVEMENT OF VACANT LOTS.

The following is from a letter from the Superintendent of the Philadelphia Vacant Lots Cultivation Association, for the relief of the Unemployed, Philadelphia, July 16, 1898, "I have read with much interest quotations from an article in your July issue on 'Compulsory Improvement of all Vacant Lots' and I agree with you that scarcely anything else could be done that would be so conducive to good health as the putting of these waste places to a good use. It would not only give employment to those

who are now walking the streets, begging for an opportunity to work, and clear undrained lots of stagnant, disease-breeding pools and dumps, but would be a means of allowing many to get the very best vegetable food who are now forced to finger through garbage barrels for the crumbs that have fallen from Dives' table. If any one of your readers think that no one has to finger through garbage barrels and boxes for these crumbs, let him visit any of the public market houses in the city and keep an eye upon these receptacles for rotting meats and vegetables for a few minutes and he or she will not only see them finger over but often see pale, hungry waifs of such tender years as to call to mind 'haves and sucklings' almost fighting with each other from this garbage.. And all this is in the very heart of civilization which calls itself Christian and in a community where food, clothing and houses are so abundant that we often hear men talking of over-production and over-population as if it were possible to have the two at the same time and place."

CHINESE VS. EUROPEAN CIVILIZATION.

The following are some of the Chinese criticisms of European customs: "They will live weeks and months without touching a mouthful of rice, but they eat the flesh of bullocks and sheep in enormous quantities. This is why they smell so badly; they smell like sheep themselves. Nor do they eat their meat in small pieces. It is carried into the room in large chunks, often half raw, and then they cut and slash and tear it apart. They eat with knives and prongs; it makes a civilized person perfectly nervous. One fancies himself in the presence of sword swallows. They even sit down at the same table with women, and the latter are served first."—*L. Digest*.

THE GARDEN



THE NORTH-WEST CLIMATE.

The Rev. Mrs. H. S. Lake has reached Olympia, Wash., and is delighted with the country and climate. She writes under date of June 23rd, 1898:

"I am located in a lovely place, overlooking Puget Sound; I have a little cottage, surrounded by roses, and berries and now expect to rest all summer, and take sunbaths and sleep. We have no electrical storms—only two times distant rolls of thunder in the two months. The view here is charming, and all is peaceful and quiet. Cherries are just ripening, and all small fruits are to be had in abundance."

DEEP PLOWING AND MOISTURE.

Too late for the current year it will be worth while to observe for next season and ever after that where heavy soil of great body is naturally, or with tile, underdrained, hoed crops may advantageously be cultivated with a lifting subsoil plow in a droughty season. Forty years ago a severe drought afflicted the Eastern states. Professor J. J. Mapes, a noted trucker near Newark, N. J. then had his well drained, strong land cultivated with a subsoiler. A committee of practiced men inspected this farm after nine weeks of drought and found everything as flourishing as though there had been plenty of rain. His corn (on Sep. 3rd) was estimated at 90 bus. per acre, while on ground cultivated the usual way, near by, it was all burnt up. Timely and careful deep stirring the soil beneath the line of the turning plow, and thus allowing taproots and laterals to strike deeply beyond reach of searching sun will lessen the effect of protracted heat. Wherever warm air comes in contact with a body cooler than

itself, the moisture in hot, humid air condenses into drops. Fogs and dews are made thus, and most of our rain rising from the Gulf in those heavy currents of warm air, full of moisture, tends down and all through it, if let in by capillary attraction caused by suitable mechanical action. I have been over that famous farm and have noted the condition of soil close by, not so tilled. It was easy to conceive the unavailability during very dry weather. No anchorage for roots, no let up. Hence shriveling and no fruiting. The wider the wing of the subsoiler, and the less acute the angle that the moldboard is set up with the sole or bottom, the more effectual will the work be.—R. Hecker.

FRUIT GROWING ON FARMS.

Frank H. Sweet of R. I. claims in *Rural Home* that fruit is a most important crop to the farmer, adding not only to his income but to the beauty and value of his farm. That it yields more for the outlay than any other crop: Dozens of farmers in his neighborhood received in one year from \$1.00 to \$5.00 for fruit that had not cost them an outlay of \$1.00 to grow.

Peas and cherry trees may be classed with apple trees as requiring but little labor, but peach trees are more exacting. Grape vines also are very productive with but small amount of labor. The small fruits, however, require considerable labor and attention but even these require less labor than farm crops. A comfortable living has been made off one acre of strawberries. Compact culture concentrating the labor on a small space, is a great saving to the farmer and this is why fruit culture is desirable as a matter of farm economy. Mr. Sweet

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concludes that fruit cultivation will be entered upon more and more. That over production need not be feared as the demand is increasing with the supply and facilities for sending to market.

GROWING NUTS.

The Peanut being an annual can be produced in full crop the same season as planted, whereas the pecan, walnut &c. require from five to ten years before a profitable crop can be expected. There is plenty of cheap land in the south suitable for this crop. The Secretary of Agriculture in Washington will afford all information on Peanut Culture. Write him.

Those who desire to cultivate Pecans should write: Herbert Post, Fort Worth, Texas, an experienced grower of Pecan trees. A beginner could start Peanuts in the Spring and plant Pecans in the Fall. He can make his Peanut crop keep him while waiting for Pecan trees to grow and bear.

HOW TOMATOES ARE PRESERVED.

In almost every house and cottage in Italy the preserving of tomatoes is carried on. Terraces, balconies, and even the flat roofs of the houses are half covered with plates containing the deep red substance. After gathering, the tomatoes intended for preserving are spread out for some hours in the sun till the skins are somewhat shrunk. They are then passed through a sieve so that they may be freed both from seed and skins. As they contain a large proportion of water, the substance which has been passed through the sieve is hung in bags, from which the water exudes, and soon a pool of dirty-looking water is formed beneath each bag. Strange to say, it is in no way tinged with red. What remains in the bags has the consistency of a very thick paste. It is then salted, the proportion being a little less than an ounce of salt to

a pound of preserve. It is then spread on flat plates, exposed to the sun and stirred from time to time with a wooden spoon, so that the upper part may not form a crust, while underneath it remains soft. In the evening the contents of the various plates are taken in and stirred up together, for if moistened by the night dew the whole would be spoiled. After being exposed to the sun for seven or eight days, the same process being repeated each day, the preserve is finished and placed in jars for winter use.

In Italy the fruit is usually passed through a sieve, the pulp being then placed in tins, which are immediately soldered down, and then put in boiling water for five minutes. The original flavor is thus retained. The cost of a small tin is half a franc. So it is, as a rule, beyond the means of the poor. The price of the preserve is seldom more than sixteen cents a pound, and a little of it goes very far; but those who are thrifty take care to make it for themselves, the cost then being absolutely insignificant.—*Chambers's Journal*.

THE BANANA.

There are several different varieties of bananas. Some are plantains or cooking bananas, which are served fried, baked, boiled and in soups and dressings; but of the sweet varieties the large yellow and the red are most known. A variety known in Mexico as the Costa Rica, is much liked.

In India there is a small short variety known as the "cheena chumpa, or sugar lump variety. They are small, but of most excellent flavor. The banana grows anywhere in Mexico from sea level to an elevation of 5000 feet, but it thrives best on low and alluvial land, and does well on quite sandy land. The principal expense attendant upon banana raising is the clearing and preparing the soil.

APPLE BLOSSOM

THE STORY OF BENJAMIN FRANKLIN.

CHAPTER II.

EVEN while an apprentice or what has been vulgarly called "a printer's devil," Franklin soon became a very useful hand in the office of the *New England Courier* and in the absence of his brother was occasionally entrusted with the make up of the paper. His brother made some injudicious remarks in his paper for which he was imprisoned. Benjamin was then entrusted with the entire management of the business. But when his brother was released, fearing Benjamin would presume too much on his advancement, thought it necessary to let him know that he was still an apprentice and treated Benjamin in such a way as to make his position intolerable. Benjamin found himself bound to his brother but considered that was no reason why he should be treated with cruelty. He knew that his brother could prevent his getting employment in any other



Printing Office in Boston, so he determined to seek employment in another city. He became a tramp, carrying his bundle on his back, he started afoot as seen in the illustration. This showed that he would not submit to oppression even from his brother.

After many interesting incidents Benjamin reached Philadelphia with only a few pence in his pocket. He purchased three rolls and with one under each arm and eating the third he was seen in Philadelphia by the young lady who afterwards became his wife. He returned to the steamer which had conveyed him to Philadelphia and seeing on board a widow with a little boy he gave them one of the rolls.

When he wrote his autobiography he referred to these incidents of his early life. With regard to boarding himself while working for his brother he remarked :

"I had the rest of the time till their return for study in which I made the greater progress from the clearness of head and quicker apprehension which generally attend temperance in eating and drinking."



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CHAPTER III.

FRANKLIN was a quick and accurate compositor and this secured him employment at the printing office of Mr. Bradford in Philadelphia. He was a strong, robust youth as is shown by the following incident: He went rowing on the Delaware with three other boys one of whom was so indolent that he refused to do his share of the rowing and was so overbearing that he threatened Franklin that he would throw him overboard if he did not row him ashore. Franklin clapped his head under him and rising, pitched him head foremost into the river. Franklin knew that he could swim, and on his promise to do his share of the rowing was taken aboard.



One of his familiar friends named Keimer, wore his beard at full length because of the Nazarite injunction not to "mar the corners of the beard." He also kept the seventh day Sabbath, believing it to be required by the Mosaic law, as it certainly is. Keimer desired to start a new religious denomination and wished Franklin, who had become a keen Socratic debator, to assist him in maintaining, by skilful argumentation, the new creed. But Keimer was usually a great eater, and Franklin wanted to see what effect a Vegetarian diet would have upon him, thinking it would be good fun to starve him a

little. So he offered a compromise with him by agreeing to abstain from shaving, and to observe the seventh day as Sabbath, provided Keimer would accept the Tryon doctrine and abstain from flesh meat. He consented if Franklin would keep him company. This may be perhaps regarded as the first attempt to convert a man to Vegetarianism in America. They employed a woman to furnish them with food, giving her a list of forty preparations and recipes into which no fish, flesh, or fowl entered. They found this board cost them only eighteenpence, or thirty-six cents, a week each. But at the end of three months, poor Keimer grew tired of the project and "longed for the flesh-pots of Egypt," and ordered roast pig. He invited Franklin and two woman friends to dine with him, but it being brought too soon on the table and Keimer's appetite getting the better of his politeness, he devoured the pig before his invited guests arrived!

When working as a journeyman printer in London, he was accustomed to carry two forms of type upstairs, one in each hand, while the other printers could only carry one form in both hands. They wondered how he, a water drinker, could do this. Nearly fifty other printers were drinkers, and he expostulated with them, telling them that to eat a pennyworth of bread with a pint of water would give them more strength than a quart of beer.

Franklin further relates that, from his example, a great many of the printers left their breakfast of beer, bread and cheese, finding they could be supplied from a neighboring house with a large porringer of hot water gruel for the price of a pt. of beer, three halfpence.



(To be continued in our next issue.)



REV. WM. TAYLOR, M. D.
(See page 133.)



KARL MANN.

**The Champion Walker of the World — 70 Miles
in 14 hours and 11 minutes.**

FOOD, HOME AND GARDEN.

VOL. II, NEW SERIES, No. 21.

OCTOBER, 1898.

WHOLE NUMBER 94.

THE VEGETARIAN ATHLETIC VICTORY

THE *Vegetarian*, London, publishes a portrait of Karl Mann, the hero of a bloodless victory, and from it we copy our frontispiece this month.

We could have done better from an original photograph had our German friends in Berlin thought to send us one. An account of the contest has already been published, but the following facts will be interesting:

On Sunday, June 26, a 70 (English) mile walking race took place near Berlin, under the auspices of the Cycling Club of the well-known Berlin Union of Amateur Gymnasts. The starting-point was Alexander Place, in the centre of the Prussian capital, and the goal Schonholz, a village lying in a north-easterly direction from the city.

There were 25 entries, 17 Flesh-eaters and 8 Vegetarians. All left together at 4 13 in the morning. The weather was unfavorable, with heavy rain in the latter part of the afternoon. The first six or eight miles were over a good macadamized road, but afterwards the route lay mostly along poorly made country roads without footpaths. No pacemakers were allowed:

RESULT.

1. Karl Mann, Vegetarian, 14 hrs., 11 mins.; 2. Emil Makowski, Vegetarian, 14 hrs., 32 mins.; 3. Fritz Badenstein, Vegetarian, 15 hrs., 34 mins.; 4. Wilhelm Damm, Vegetarian, 15 hrs., 59 mins.; 5. Paul Schirremeister, Vegetarian, 17 hrs.; 6. Hermann Zerndt, Vegetarian, 17 hrs.; 7. Friedr. Zahrt, Flesh-eater, 17 hrs, 32 mins.

There were no further arrivals. Nos. 5 and 6, it should be mentioned, missed the road, and walked *seventy-five miles* instead of only the seventy allotted. With the ex-

ception of Nos. 3, 4, 5 and 6, all competitors were gymnasts, and members of the Berlin Union of Amateur Gymnasts.

Of the non-arrivals, the two Vegetarians, Herren Puschendorf and Bertram, retired at 56 and 37 miles respectively; the failure of the former being caused by defective foot-gear. Eleven of the flesh-eaters had retired before or shortly after, completion of the 38th mile.

The six Vegetarians all came in, as certified by the judges, in excellent form. The only arriving flesh-eater, who finished more than half an hour after the two last Vegetarians (notwithstanding their having made five miles more than he), after calling for brandy, put up in the village for the night.

There appears to be no standard road record for 70 miles; but the 56 mile (12 German mile) record has now been beaten by the winner, Herr Mann, by 20 minutes.

INTERVIEW WITH THE WINNER, HERR KARL MANN.

"You look very well, Mr. Mann, how long have you been a Vegetarian?"

"I am in my 5th year of Vegetarianism, and in the 25th year of my life. I live very simply, and am always trying experiments in diet. For instance, for the past two months I have not touched pulse of any kind, unless green peas are to be classed as such."

"Well, that's quite against the ordinary Vegetarian theory. No pulse, no muscle."

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"May be ; but I doubt if the current idea be correct. I feel quite well. You know I have been living on the raw diet for over six weeks now. I eat much fresh fruit and vegetables. Good milk, too, I find a first-rate food. As for wholemeal bread, which so many use, I eat very little of it. In my opinion, we men shut up in offices all day require very little nitrogenous food, and what albumen is necessary we can get more easily in other ways."

"And your raw diet suits you?"

"Capitally; though only a few months ago I was an opponent of the theory. Experience teaches. I take three meals a day. You would not think from my present appearance (Mr. Mann possesses a ruddy and well-tanned complexion, and is evidently a man of muscle) that till after my 18th year I was wretchedly weak with no energy at all. I feel now equal to any amount of physical and mental work, and am conscious of a kind of superfluity of health. As for the race, I parted with little more than surplus energy."

"And what was your actual food during the walk?"

"Exclusively fresh fruit—mostly strawberries—lettuces plucked from the field in passing, and then some bread and milk."

"You are accustomed to walking races?"

"Oh, no, this is my first walking match; nor have I trained at all with the exception of several good walks on Sundays during the past month. But then I do a good bit of dumb-bell and similar exercise at home; that keeps one in good condition. It makes one perspire, so that the pores do not become obstructed. That is most important for health."

"What is your occupation, Mr. Mann?"

"I am a corresponding clerk and am at the desk nine hours a day. That should be taken into account."

"The newspapers say the walking record has been beaten; what record is referred to?"

"Well, certainly the statement is very vague, I can't tell you off-hand what the records really are; I've not been able to get accurate information. At all events, it has been decided that I have beaten the 56 mile (12 German mile) record for road walking without pacemakers, by twenty minutes."

"You don't seem to have had the intention, then, of beating any particular records?"

"No, indeed not. On the contrary, my only idea was to do a good square walk, with no 'scorching.' Otherwise I could have made better time. I slacked down, or stopped, on several occasions, to encourage my Vegetarian colleagues and so on, and once I made a regular halt of over twenty minutes."

"How were the roads?"

"The first seven miles or so were on first-rate macadam, but then came some wretched walking, bad roads and no path. And then, again, it poured with rain in the evening: my last half hour was done in a drenching rain. I was dressed in a thin cotton suit."

"I hear you were invited by some high military people to relate your experience to them at the War Office."

"Yes, but unofficially invited. During the walk I met some high officials attached to the Ministry of War, and they inquired what race it was. When I told them I was a Vegetarian and that to the best of my knowledge the next three coming on were likewise Vegetarians, they took an interest in the matter and invited me to visit them at the Ministry of War the next day."

"You went, of course?"

"Certainly, and gave them particulars of my diet. And now they have asked me to

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send in a full report to the Medical Department of the War Office. It seems that they have been conducting experiments there with reference to diet, for some time past. They are inquiring especially into the value of sugar, I believe."

"Do you know the experience of your colleagues?"

"In general, yes; all came in in capital form. I am collecting particulars from each for publication in the sporting journals. The editor of the *German Cyclist*, the organ of the German Cyclists' Union, for instance has invited me to contribute.

"An enthusiastic wheeler. I have won some cycling races too. In September, 1896, there was the 31 (English) Mile Road Race of a local club here, and in spite of my machine being a miserable one, I came in first out of thirteen competitors. My time was 1 hour 56 minutes. There was a dreadful wind against us, and I fell once. I was not paced. The 31 Mile Race, (also on road, without pacemakers,) of the Bicycle Club of the Berlin Union of Amateur Gymnasts, last October, I also won, on an ordinary touring machine. Of seven competitors, I was first with 1 hour 55 minutes. I was not in the least tired, and even waited, just as I was, to see the others come in. This present walking race, you know, was not got up as a Vegetarian *versus* Flesh-eater competition. It originated with the Cyclist Club of the Berlin Union of Amateur Gymnasts. Nineteen members of the Union entered, including Makowski and I, and then there were six non-gymnasts. all Vegetarians, who were invited, as visitors, to take part. The original idea was to prove the advantage of gymnastics as a general training for the body, and to disprove the assertion that cycling incapacitates one for other kinds of muscular exer-

cise. Both these points we have proved."

"Well, at any rate, gymnasts or non-gymnasts, the flesh-eaters have been left in the cold!"

REV. WM. TAYLOR, M. D.

In justice to our able predecessor as pastor of the Bible Christian Church, Philadelphia, we have pleasure in publishing on page 129, a portrait of Rev. Wm. Taylor, M. D., who was not only a Bible Christian Minister over four years, but a life-long Vegetarian, and when an effort was made in 1880, we think, to re-organize the American Vegetarian Society, our Brother, Dr. Wm. Taylor, was elected president at a convention in New York, but nothing resulted from this effort, as the new organization had no organ, and soon failed to operate. Dr. Taylor was an eloquent preacher, but becoming a Universalist, he of course sought other fields of labor. He was born June 26, 1833, and died November 15, 1884.

EDIBLE OIL, IN EGYPT.

In Egypt and the Soudan, in India and all through the East an enormous trade is carried on in vegetable oils, which take the place of our butter and margarine products. One of the principal edible oils is obtained from the ground nut known in France as "arachide oil." Over 1,000,000 hundred weight of these nuts are annually imported into that country for its production. Belgium also takes vast quantities. Arachide oil is an excellent soap-maker, beside being an edible oil, and when cotton oil is high in price will compete with it in this branch of industry. In France alone there is already a very large consumption of it, to be counted in tens of thousands of tons.

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A VEGETARIAN ON A JOURNEY.

ARTICLE V.

By J. GEORGE HEID, ST. LOUIS, MO.

I returned to Germany and from there went to Austria. In Vienna, the capitol of Austria, I found two Vegetarian restaurants, and both were a credit to Vegetarianism.

I have before me the menu of the "Thalysia," which is printed on four pages. The first page is tastefully illustrated, and in the borders surrounding the illustrations are little mottoes, etc., such as :

"To the Vegetarians belong the future. — PROF. A. BEKETOFF.

"It is entirely unnecessary to eat meat."

"From the standpoint of hygiene one must approve of Vegetarianism." — DR. MAX GRUBER.

"All culture proceeds from the stomach." — FREDERICK II.

The proprietor of the "Thalysia" calls his restaurant "the Hygienic Vegetarian Restaurant and school for the hygienic science of cooking. Reform and cooking school practically conducted with strict regard to the theory of nourishment of plants by the system of the Medical Director, H. Lahmann."

The second and third pages of this bill of fare are devoted to an immense variety of dishes to select from, such as fruits, vegetables, soups, salads, bread, rolls, pastry and non-intoxicating beverages of many descriptions.

The borders are surrounded by many mottoes, such as :

"Welcome to the enjoyable meal! Pomona and Ceres entertain here with innocent food the hungry guest."

"The habit of meat-eating lessens our natural abhorrence of cannibalism." — A. VON HUMBOLDT.

These, and many others, form part of the border. As I translate these from the German, the phraseology may be slightly altered, but I can vouch for the exact meaning being preserved. The fourth page is devoted to addresses of Vegetarian Restaurants all over Austria, Hungary, Germany and Switzerland.

Austria was the only country in which I found ears of green corn served in the restaurants; they may have been in restaur-

ants in France and England in season. In Austria they call roast corn on the ear "Kukurutz," so I was soon able to order it. Corn per ear costs 10 kreuzers (not quite 4 cents), the tenth part of a florin. A florin is 39 cents.

In Austria, bread in Vegetarian restaurants was charged for extra. A basket of bread and rolls is placed on the table, and the guest is asked how many rolls, or slices of bread he has eaten, and his word being taken for it, a kreuzer (a little over one-third of a cent) per large thick slice of bread, or per small roll is added to the bill.

In France, I did not find any Vegetarian restaurants, not even in Paris. I lived principally on oranges, and occasionally potatoes, poached or boiled eggs and rolls or bread. I found living there very expensive; fruits at that time of the year (December) scarce; oranges, such as were fit to eat, cost 25 centimes (5 cents) a piece, and other articles in proportion.

In Paris and Versailles, breakfast, consisting of a cup of coffee, bread and butter or rolls, costs one franc (20 cents) to which must be added 10 centimes, being the gratuity one is expected to give the waiter. This last, however, is expected by servants in all European countries.

England seems the country for Vegetarians, for, not only are there so many Vegetarian restaurants everywhere, but other restaurants offer such varieties of fruits and vegetables, and at such reasonable prices that one may live cheaply there. In London, the directory places a * for Vegetarian restaurants, to distinguish them from the non-Vegetarian ones. A German guide-book of London gave the names of several Vegetarian restaurants, not in the London directory, which I found to be very good.

In London, non-Vegetarian restaurants are open on Sunday, but none dare to

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serve intoxicants on that day. Vegetarian restaurants all close on Sunday, but Vegetarians can make out very well, as non-Vegetarian restaurants make special efforts to serve them on Sundays. In one of these I had two poached eggs, stewed tomatoes, stewed mushrooms and green peas, including bread, all for two shillings and one penny (25 cents), to this add three pence to the waiter, though on week days, one penny to each shilling is the customary gratuity.

Fruits were very cheap and plentiful in London. A good orange can be had for one penny (2 cents) or a shilling per dozen (24 cents), and bananas, which are so scarce and high on the continent, can be bought at a shilling a dozen for fine ones, while in Frankford-on-the-Main, Germany, I had to pay twice that amount for inferior bananas. Even in January they have, in London, grapes, prunes and other fruits at reasonable prices.

On my return I took the Steamer "St. Paul" to America; we made the trip in seven days and I found it very pleasant on this steamer. The fare was excellent, and Vegetarians could fare sumptuously, the treatment generally was good, and there were no officers on board the steamer to insult passengers whose views differed from their own. I take pleasure in recommending the American line of steamers to all tourists.

ADMITTED TENDENCY TO V. DIET.

Prof. Goldwin Smith, of Cornell University, writing in the *Toronto Weekly Sun*:

"In a seventy miles walking race in Germany, the Vegetarians have shown a remarkable superiority in endurance over the eaters of meat. There is nothing new in this; extraordinary journeys are made by the Hindoo palanquin-bearer, whose

only food is rice. There is probably a gradual tendency on the whole to Vegetarian diet. It does not appear that animal food is absolutely essential to any function of the human body or brain. No man did a better day's bodily work than the British farm laborer when he had no meat but a taste of bacon. No man ever did a greater amount of brain work than a monastic saint, who was forbidden meat by the rules of his order. No man ever produced higher fruits of his imagination than Shelley, who was a devout Vegetarian. A much greater amount of vegetable than of animal food can be produced on a given area. The inclination of taste as human nature grows more refined points the same way. Homeric heroes eat masses of meat, apparently without vegetables; and to the bard of that day the picture of the shambles is not less congenial than that of the harvest or the vintage. To us, the details of the shambles are abhorrent. We require vegetables with our meat, while there is a tendency to disguise the meat itself by elaborate cookery. On the whole, it seems probable that progressive Vegetarianism is the rule, though there will be no sudden leap, nor will the Vegetarian think it his duty to enforce this habit on us by law."

NORMAL AND FEVER HEAT.

I write to tell you, as you have been so kind inquiring about my health, that since the weather has been so warm, I have discontinued *entirely* meat-eating; that I am so much better, although the tiredness is still with me. I do not need heat now, my only reason for indulging in animal food being for its heating effect.—M. S. E., May 20, 1898.

The above is from a very intelligent young lady in Philadelphia, who is afflicted nervously, and who in winter suffers from cold. We replied that corn meal has the effect of promoting *natural* heat, while heat obtained from animal food is of a feverish character and highly irritating to the nerves.

FOOD HOME AND GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 2 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

The article published on page 142 is now re-published in *Our Postscript* No. 2, and is one of a series amplifying the Synopsis published as *Our Postscript* No. 1. We earnestly ask our friends to aid us in circulating these leaflets. There is room in almost every envelope mailed for one or more of them.

We are receiving suggestions for extending our Synopsis. Mrs. McGeorge suggests "Thou shall not kill." The Chicago Vegetarian suggests the poisonous ptomains in flesh. We are glad to get these suggestions. We intend to devote separate tracts to these subjects if we are sustained in our efforts.

The account of Dona Ana Co., N. M., given by the Governor to the Department of the Interior, fully justifies the claim of our Vegetarian friends who reside there and who have 1000 acres devoted to the excellent charity of providing a Vegetarian home for destitute and neglected children. (See page 141.)

The growing of bananas in Mexico is a profitable business (see page 141) and shows what can be done in Southern Texas, Louisiana, Florida, Cuba and Porto Rica. Now that dried bananas are made into flour and thence into bread, the banana industry is practically an unlimited occupation for the surplus laborers of our country. Millions of acres of cheap land can be thus made productive.

Ten thousand murders a year in the United States, while in India and Japan, where Buddhism and Vegetarianism prevail, murders are seldom heard of. These countries are at the bottom of the list of civilized countries as to the number of murders. Yet we are sending missionaries from America to teach them our civilization and religion. They are fortunately sending Buddhist teachers here to save us.

The Child Life (Kansas City, Mo.) gives a picture of two fashionable ladies with birds and birds' wings prominent on their hats, accompanied by the following from the *Queen's Daughter*:

Mrs. Make Kill.—"That was the finest sermon on human kindness I ever listened to."

Mrs. Birdie Wing.—"Yes, indeed. I feel as if we ought to have it published and send it to the heathen." *Child Life* is full of good things, original and selected, and is neatly illustrated.

An English paper describes Sweden as having poor people who bake their rye bread so hard that it will last good six months. In Lapland the inner bark of the pine is mixed with oats in grinding. In Kamtschatka, pine or pine brush alone well macerated, pounded and baked constitute the native bread food. The Iclander grinds the moss into fine flour and it serves for bread and puddings. In Italy chestnuts are used for bread. In Armenia clover seed and linseed meal are mixed with edible grass and made into bread.

The experience of Herr Mann, the champion walker of the world, as related in the interview on page 132, seems to favor the uncooked food ideas of Prof. Spencer. Rev. Isaac B. Rumford and other Edenic

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diet advocates. It is not improbable that too much importance has been attached to solid nitrogenous food, such as pulse, and whole wheat and that we are apt to use more such food than is required for vigor. The vitality in fresh fruits, nuts and such vegetables as can be eaten without cooking may be more important than nitrogen for nerve energy.

The scientific world is slowly coming to the acknowledgment that the Vegetarian principle is correct, being forced to it by undisputed facts. The most candid of the scientists, like Prof. Golden Smith (see page 135), are already acknowledging the tendency to a Vegetarian diet and now admit it is not new. They of course knew it long ago. Then why did they not teach it? Why stand on carnivorous grounds until beaten by brave young men like Karl Mann and then have to admit they knew it before? Verily, it is a truth that the world is progressing, not through the teachings of the schools of learning but in spite of it, the schools, like the flesh-eaters in the 70-mile race, either not reaching the goal at all, or in one solitary case coming in only after the race has been won!

Our esteemed friend, John Keidel, of Berlin, who expects soon to come to the United States to settle permanently, has sent us a pamphlet which our friend, Rudolph Hecker, translates as being on "Masculine Loyalty Respecting Continence." The gist of which is that half-grown and adult masculine and feminine should be under the same obligations as to chastity before mankind and their creator and that fitness and potency should be required of all entering the marriage relation. Should any of our German readers desire the book we think we can procure it for them for twenty-five cents.

DELIGHT IN SUFFERING.

Always kill a wounded bird or other animal as soon as you can. All suffering of any creature, just before it dies, poisons the meat.—Geo. T. Angell, in *Our Dumb Animals*. This is true, and as all animals suffer before they die, all meat is poisoned. But it is the poison in meat that gives it its piquent flavor, which is the chief cause of the preference for this stimulating food. Suffering, therefore, causes the chief delight of flesh-eating.

ORIGIN OF "VEGETARIAN."

The *Vegetarian Messenger and Review*, England, is discussing the term "Vegetarian" and who originated the word. When we became acquainted with James Simpson and the Bible Christians in 1847-48, and while associated with them for several years thereafter, it was understood that the word was first adopted by James Simpson and applied by him to those who simply abstained from the flesh of animals. Our opinion, therefore, is that we are indebted to James Simpson for the combination "Vegetarian." He was a very modest man and would claim nothing for himself, but this certainly was the inference at the time taken in his presence, and he never denied it, that we ever heard. We frequently heard the name discussed at the dinner-table at Foxhill Bank, Mr. Simpson's country seat.

THE CAUSES OF WAR.

Our Animal Friend, in an able article, attributes the war with Spain to the cruelty of the Spanish nation in the treatment of its colonies and the cruelty it traces to the education received by the inhuman treatment of animals and the national delight in such sports as bull-fighting. It describes a pillow trimmed with lace: on one side was an embroidered picture of the crucifixion:

FOOD HOME AND GARDEN

on the other a picture of a bull-fight, showing that bloody scenes are delighted in even by refined ladies. We endorse these remarks and we go further and declare that this cruelty of disposition is fostered and maintained by eating the flesh of the victims. Nothing nourishes a cruel heartless disposition like feeding on the flesh of animals slaughtered for that purpose.

SUMMER REFORM SCHOOL.

I am just returned from Greenacre Assembly, Me., where Sarah J. Farmer gave five days to the cause of peace and arbitration. I write to let you know what a lovely and helpful occasion it was. You and your family must go sometime. Sarah Farmer is a very noble woman and she furnishes notes along the great "harmonies of life." She is a believer and practices entire abstinence from flesh-meat, and this summer she has a lady to prepare for her many guests food and instruction on this line. The lady is Mrs. Banister, from Texas. I hope next summer Mystic can be opened early in the season. Think of the thousands in the city who would flock there.—Rev. Amanda Deyo, 1305 Arch St., Phila.

A CALL TO OLYMPIA.

BY REV. H. S. LAKE.

I have often thought of our eastern friends during the summer just passed. We who, here, have the advantage of a mild and equable climate, freedom from electrical disturbances, a magnificent view of forests, mountains and the superb waters of Puget Sound, may well sympathize with those who freeze with the snows of winter, and faint with the heat of summer, in the states nearer the rising sun. Then, too, we are blessed with an abundance of the choicest food, and I would earnestly impress upon those who seek a more secluded and satisfying condition, that it may be found in Western Washington. I should be glad to hear from persons who like rural life, and who would care for associated interests

among Vegetarians. People of refined tastes, who are weary of the crash and conflict of the competitive system, and the limitations of the crowded cities, will find here an almost ideal location. The following lines embody, faintly, my random thoughts, and were penned, spontaneously, while viewing one of our characteristic sunsets:

IN FAIR OLYMPIA.

The balmy air, the brilliant sun,
The peace profound that all must feel,
The gold-red sky when day is done,
The thousand glories, nights reveal;
The winsome chirping of the birds,
The gentle zephyr, cooling low,—
More sweet, sometimes, than human words,
More potent to allay earth's woe.

These may be found profusely spread
In soft Olympian vales and dells;
Ah! much, I'm sure, is sung and said,
Yet still unknown its magic spells.
And hither! toil-worn, care-cursed soul,
Imbruted by the greed for gain;
Sit quietly, where soft waves roll,
And thus forget that knawing pain.

Some other bard, more deft than I,
May dream and paint thy beauties clear,
But none thy charms, of earth and sky,
Shall ever feel more sweetly dear.
I wonder not historic name
Was given by those who sought thy shade;
Beside thee eastern lauds seem tame,
And wild Atlantic billows fade.

Farewell, New England's sea-girt coast!
I waste no fulsome praise to say;
This now my song, this now my boast,—
I dwell in fair Olympia.

Olympia, Wash., (Box 502), Sept. 5, 1898.

OBITUARY.

LONGSHORE. — On August 19, 1898, Thomas Elwood Longshore, Philadelphia, at the age of 88.

Our departed friend was an earnest reformer and an extensive and able contributor to reform periodicals, as well as author of several critical theological works, of which *The Higher Criticism* is the most elaborate. Our last issue contained a strong article from his pen. He was a warm personal friend and we were expecting a visit from him at the time his death was announced. He appeared well a few weeks previously when he paid us a visit, which proved his last.

WILLIAMS. — On the 2d of August, 1898, Helen Isabella, the youngest daughter of Horace C. and Isabella H. Williams, of Frankford, Philadelphia.

There is no death to those who love:
Love is itself immortal!

HOME DEPARTMENT

DINNER MENU.

Sweet Potato Soup.		
Stuffed Squash.	Baked Egg Plant.	
Fried Tomatoes.	Boiled Cabbage.	
Cracker Nut Sandwiches.	Graham Bread.	
	Rice Dumpling.	
Pears.	Grapes.	Apples.

RECIPES.

Fried Tomatoes.—Select firm tomatoes, cut in half and fry with the cut side uppermost, in Nutcoa. Sprinkle with salt and when cooked turn, pour some cream over and reheat. Serve immediately.

From Mr. Richard Middleton.

To Boil Cabbage (Odorless.)—Cut cabbage up into small pieces, let it stand an hour in salted water. Have pan of boiling water ready—drop in the cabbage, handful at a time, if water stops boiling wait until it begins again, then resume. Do not put the pan lid on.

From Science in the Kitchen.

Sweet Potato Soup.—To a pt. of cold mashed sweet potatoes add a pt. and $\frac{1}{2}$ of strained stewed tomato, rub together through a colander, add salt to season, and half a cup of cream.

Rice Dumpling.—Steam 1 cupful of rice till tender and line an oiled earthen pudding dish, pressing it up around the sides and over the bottom. Fill this with rather tart apples cut in small slices; cover with rice, and steam until the apples are tender. Let stand until cold, then turn from the dish, and serve with sugar and cream.

From American Kitchen Magazine.

Grape Juice.—8 lbs. of perfect Concord grapes. Wash and stem, put in a porcelain or agate kettle, and add a qt. of cold water. Put on to boil over a good fire, mash the grapes with a spoon. Boil 15 minutes, remove from the fire and strain through a jelly bag. To every qt. of juice

add half a lb. of granulated sugar, boil 12 minutes, removing any scum that may arise, fill heated bottles and seal while hot.

While in Washington visiting Mrs. Parkman, we were delighted with her many original ideas in regard to Vegetarian cookery and the pleasing variety thereby afforded for the table. Below are two recipes for dishes which we found very appetizing, we wish to state that the recipes are not worded by Mrs. P. but are simply our remembrance of the way we saw her prepare them.

Fruit Mush.—Prepare Wheatena mush according to directions on the package. Have some dried plums, stewed, sweetened and strained and stir into the mush: boil the whole a little longer and it is then ready for serving.

Stuffed Squash.—Take a good sized yellow squash; pare and cut in halves across. Place in a baking pan and stuff with a filling made of bread crumbs, herbs and a little chopped tomato, season as desired. When, stuffed tie together with a fine cord and bake in the oven till the squash is tender. When cooked remove the cord and serve in the dish in which it was baked.

TABLE TALK.

"You're pretty smooth," said the vinegar to the olive oil, "but you are not half so sharp as I am."

"H'h! I wouldn't talk," rejoined the oil. "You are not so slick. Why, you can't even get away from your mother."—*Selected.*

Figs, dates and prunes are among the dried fruits which are often served unwashed. Only the most expensive varieties are safe to eat without a thorough cleansing.

FOOD HOME AND GARDEN

THE WATER-MELON AS FOOD AND MEDICINE.

BY MRS. ANNE B. CLUBB.

Syrup and vinegar are now made from water-melons in the South.—Grand Haven (Mich.) *Courier-Journal*.

I made excellent syrup from water-melons and received a premium for one at the Ottawa Co. or Grand Haven Fair. I also made vinegar of the rind. Following are the recipes:

Water-melon Syrup.—Cut open ripe melons; pick out the seeds and separate the ripe portion from the rind. Squeeze it in a clean coarse sack and boil down as for maple syrup, clarifying with white of egg and taking off the scum as it arises.

Water-melon Vinegar.—Cut the rind of the water-melon into small pieces and stew in plenty of water, adding the strained pulp and scum from the syrup. When well cooked, strain the whole, put into a barrel, add vinegar plant or mother of vinegar, and let it stand in the sun until it all becomes vinegar.

Water-melon Sauce.—Pare and cut the water-melon rind into inch cubes and stew in enough water to keep it from burning, 6 hours or until soft; add the juice and grated rind of lemon and half a pound of sugar to each pint or, if for preserves, a pound of sugar to each pint. It becomes translucent in cooking and is a very rich preserve. It can be candied like citron if cooked long enough.

Water-melon Seed Tea.—The seeds of water-melon should always be washed clean and dried. Then, when required, pour boiling water upon a handful of the seed and let it steep.

Excellent in fevers and kidney diseases.

The colored people in the South carry the seeds in their pockets and eat them raw to prevent an attack of yellow fever.

The juice of water-melon is said to be an excellent lotion to take off tan and freckles.

If the rinds and seeds of water-melons were properly used instead of being thrown into the swill barrel, there would be less fever and kidney cases.

WHEAT MIDDINGS AS FOOD.

Prof. Chas. D. Woods, of the Maine Agricultural College, justly doubts the advantage of the practice of adding middlings or bran to white flour in making bread, on account of its irritating the mucous membrane and hastening the passage of the food before it is properly digested. Such a method of making Graham bread is often resorted to and some bakers honestly call their product "Bran Bread." We have always contended that wheat should be so thoroughly ground that the outer layers lose their irritating and, in a great measure, their laxative quality. By *thorough* grinding we do not mean very *fine* grinding. Even the starchy or white portion of the wheat does not require that, but we contend that the outer layers of the wheat should be *ground with the interior portion* until all passes through a No. 18 sieve and *all* should be returned to the mill that does not pass through that sieve. Then you have a good flour of *moderate* fineness, containing all the elements of the wheat in a form available for deliberate digestion. The mechanical effect of the outer cuticle of the wheat is not to be lost sight of. We are entirely opposed to the theory that nothing should be taken but nutriment. The Vegetarian Society Mill grinds the entire wheat better than mills used for making white flour.

The *Athletæ* in Greece, in accordance with the common habits of the people, were trained entirely on vegetable food.

THE GARDEN



LARGE CHERRIES.

My father has a fruit farm of nine acres here. We have about four acres of cherries; eight varieties in bearing, reaching in time of ripening from May to September. We have most all off now. Some are very nice, being as much as three inches in circumference. I wish you could see some of them.—S. H. Carnahan, College Place, Wash.

BANANA GROWING IN MEXICO.

An acre of ground will plant 1200 to 1500 banana plants, costing from \$60 to \$75. With land at \$8 per acre and clearing and preparing at \$7 more makes \$75 to \$90 Mexican money. In one year from the planting an acre will yield 1000 to 1200 bunches of bananas worth \$1 Mexican money, or often more. Taking the lowest figures we have \$1000, less the highest figure—\$75—leaving \$925 per acre clear profit. On an outlay of \$100 you have made a profit of \$900, and, having your cleared land on hand, with sprouts from the roots of the old plants sufficient to plant three or four more acres, you may raise another 1000 bunches on the same acre at the end of another year.

DRY AIR TO PRESERVE FRUIT.

A scheme by a Colorado man, says the *California Fruit Grower*, is founded upon the principle that dry, fresh air is far more beneficial to fruit in transit than is the moist and confined air of a refrigerator car. In the new car, ice is done away. An immense metal funnel is attached to the engine of a train, just above the pilot, and from this funnel a pipe about one foot in diameter extends back to the fruit car,

resulting in an automatic draught of air flowing through the car. This, it is claimed, makes a perfect ventilation, and according to the dry-air theory will preserve several days longer than will the ice process.

This is a good hint for those who desire to preserve fresh fruit domestically. The open verandah may be better than the refrigerator for storing fruit for a few days.

DONA ANA, N. M.

The Governor of New Mexico reports to the Department of the Interior, Washington, D. C., that "The climate of this section of New Mexico is delightful, the altitude being about 4000 feet, which is calculated to benefit the sick or well. Mr. J. K. Livingston has recently erected a model home hotel one mile from Las Cruces, bowered in trees, on a small, but beautiful ranch, affording a magnificent view of the organ mountains. Here there is no fear of dust, storm or high wind. The wide-stretching fields shield it from the sand-storms. The winters here are delightful, the summers genial; and for sick people, or even those desiring a rest, it is a most inviting location."

Bee culture obtains on every ranch in Dona Ana County, the extensive Alfalfa fields yield a peculiar variety of honey exceptional as a remedy in consumption and all throat and lung ailments.

The *fruitarian* as well as the *vegetabliarian* will there be suited. Railroad communication for at least 200 miles, is shaped like a triangle, formed by the Santa Fe route and the Southern Pacific. The *Mesilla Valley* is the banner section for the farmer and fruit grower.—R. Hecker.

FOOD HOME AND GARDEN

THE VEGETARIAN PRINCIPLE.

The fact that eighteen centuries of Christianity as taught by the churches and schools, have failed to abolish intemperance, war and various other forms of diabolical homicide, shows conclusively that education, as at present administered, requires another step to be taken in human progress which shall train the human offspring into a more perfect recognition of the humane sentiment by which life shall become respected, the rights of man and animals established and maintained.

The fact that murders are so common in flesh-eating countries and almost unknown in Japan and other Vegetarian nations, except where flesh-eating and alcoholics have been introduced, should of itself secure the general adoption of the Vegetarian principle of life, and when in addition to this fact the adoption of this principle has been instrumental in the attainment of the highest degree of physical strength and development, as shown by the most recent athletic contests, it would seem impossible to avoid the conclusion that the principle as described in the first number of this series is correct: That man as a physical, intellectual and moral being becomes best developed when subsisting on the direct productions of the Vegetable Kingdom.

The tendency of the times is evidently in this direction. Even the experience of war; the hospitals where the wounded are treated are acknowledged by army surgeons to prove that those who have subsisted on these productions are best able to endure the torture of surgical operations and are the soonest to recover from their wounds and amputations.

The want of success in the temperance, peace and sanitary reform movements, their only partial restraints over human passions, show that some additional reform

is needed to make them effective. A man may be a total abstainer from intoxicating liquors himself, yet by his example he may be laying the foundation of intemperance in others by fostering those indulgences in flesh-eating which create a thirst which in others, if not in himself, can only be satisfied by intoxicating liquors. It has been proven that total abstinence from flesh and the consumption of fruits, nuts, etc., soon destroy the desire for alcohol, therefore a true temperance reformer must, to be consistent, become a Vegetarian, not only for his own safety, but for the safety of others, which is a nobler reason.

The advocate of peace may, by indulging in the carnivorous appetite, be fostering both in himself and by his example, in others, an indifference to the taking of life, which is an essential element of war. A nation of Vegetarians would seek a humane method of settling international and domestic difficulties, but a nation with its passions fired by carnivorous indulgences, prefers fighting to any of the peaceful avocations. A large party in such nations will exist that will take every opportunity to arouse the passion for war under the most ostentatious display of patriotism, and hence no peace man can claim consistency who indulges carnivorous habits, which are so inflammatory of the war fever.

The movement for the prevention of cruelty to animals is one of the most promising efforts for the promotion of humane sentiments. The investigation of the mode of treating animals in their transit from the prairie to their slaughter in distant cities, has revealed a degree of barbarism and atrocity unparalleled in any heathen countries, while the methods of slaughter in the presence of waiting victims doomed to the same treatment; skinning before life is hardly extinct, or, in the case of swine, immersion in scalding water as soon as their throats are cut, all indicate that a humane education must include the Vegetarian principle.

APPLE BLOSSOM

THE STORY OF BENJAMIN FRANKLIN.

CHAPTER IV.

THE journeymen printers in London who followed Franklin's example in regard to eating and drinking, improved rapidly in their morals and health and became much better companions to Franklin. Franklin relates that in the garret of the house he lodged in in London, there lived a maiden lady of seventy, in the most retired manner, of whom he learned she was a Roman Catholic and was endeavoring to live the life of

a nun as nearly as possible without the nunnery. She had given all her estate to charity, reserving only twelve pounds a year to live on, and out of this sum she still gave a part to charity, living on water and gruel only. "She looked pale," said Franklin, "but was *never sick*; and I gave it as another instance on how small an income life and health may be supported."

Franklin says he dressed plainly and never went out fishing or shooting, nor indulged in any amusement except reading. While he was, in 1729, printing and publishing the *Pennsylvania Gazette*, it is related that some of his patrons, taking exception to his course, he



invited them to sup with him and talk the matter over. The only provision he made for supper was a pitcher of water and two coarse meal puddings, commonly called "sawdust." When found, as he expected, that his friends could not master such fare, he gave them the moral of the acted parable in these words, "My friends, any man who can subsist, *as I can*, on sawdust pudding and water, needs no man's patronage."

Speaking of his life soon after his marriage, and while running the printing office in Philadelphia, he writes: "We kept no idle servants; our table was plain and simple, our furniture of the cheapest. For instance, my breakfast was, for a long time, bread and milk (no tea), and I ate it out of a two-penny earthen porringer with a pewter spoon."

Franklin thus writes in regard to his frugal, temperate and industrious habits: "I was indebted for my printing house. I had a young family coming on to be educated, and I had two competitors to contend with for business, who were established before me. My circumstances, however, grew clearly easier. My original habits of frugality continuing, and my father having among his instructions to me when a boy, frequently repeated a proverb of Solomon, 'Seest thou a man diligent in his calling, he shall stand before kings, he shall not stand before mean men.'



I thence considered industry as a means of obtaining wealth and distinction, which encouraged me, though I did not think I should ever actually stand before kings, which, however, has since happened; for I have stood before *five*, and even had the honor of sitting down with one, the King of Denmark, to dine."

FOOD HOME AND GARDEN

CHAPTER V.—Conclusion.

FRANKLIN speaks highly of his wife, of her assistance to him in his business in stitching pamphlets and other light work of a printing office, and of her frugality. But as their circumstances gradually improved she insisted on substituting his two-penny earthen porringer and pewter spoon with a china bowl and a spoon of silver, and being called one morning to breakfast, he was surprised by this evidence of increasing luxury being placed before him. These had been purchased without his knowledge and for the enormous sum of twenty-three shillings. For this Mrs. Franklin offered no other excuse or apology than that she thought *her* husband deserved a silver spoon and china bowl as well as any of his neighbors.



As an evidence of Franklin's mental and religious bias he conceived the bold project of arriving at moral perfection and formed a code of morality and a scheme of self improvement which was quite comprehensive, embracing all the known virtues. That he succeeded in arriving at perfection, he did not pretend, but that he mastered many grievous defects of character is quite evident. Economy and industry were always prominent features of his character. It is related of him that while in business as a printer in Philadelphia, not far, locally, from the late publication office of the organ of the Vegetarian Society of America, *FOOD, HOME AND GARDEN*, an opposition printer made it his boast that he would soon run him out of business. Franklin, seeing his opponent pass his office, called him in and showed him a closet in which was stored a bag of meal. "There," he said, "Is my subsistence: a man who can live on corn meal mush as I can, can never be driven out of business by you." And it proved true, for his opponent soon gave up the attempt.

Of Franklin's success as a scientific as well as moral philosopher we need say nothing, as every schoolboy knows that Franklin's drawing electricity from the clouds by means of his kite, established the identity of the lightning's flash with the electric spark, and thus laid the foundation on which Edison and other electricians have succeeded in applying the electric current to the purpose of lighting cities and transmitting power as well as conveying intelligence promptly to all parts of the world.

How far the world is indebted to that quick perception and clearness of ideas which Franklin attributed to his temperate habits of eating and drinking may never be known, but that his unusual development of mental capacity was promoted thereby cannot be questioned.

The accompanying portrait of Franklin shows to what a degree of manly beauty he arrived.

Franklin stands foremost both in America and in Europe both as a scientific discoverer and practical philosopher, while his literary skill and perfection of strong Anglo-Saxon language has seldom been equalled before or since his time. Our young friends should study his character well and with their superior advantages may hope to attain to the highest grade of moral and spiritual life.



SONG OF THE APPLE TREE.

Sing a song of the apple tree with its branches bearing down
With its load of fruit so red and bright, yellow or russet brown.
We boast of apple blossoms sweet, in May days' charming season,
But after all, it is the fruit that satisfies our reason.



Views of Mystic, Connecticut.

The first picture, looking north, shows the hill on which the Peace Pavilion is located, surrounded by natural shade trees. It is owned by the Universal Peace Union and is used yearly for the annual Grove Meeting in September. The river road leads from the village to the hill. This is where the Summer School is to be held.

The second picture shows the steamer "Summer Girl" on her regular trip to Watch Hill and other resorts up and down the river from the wharf at the village of Mystic.

The third picture is a view from the School for Mutes founded by the Whipples and continued by Mrs. McGuiggins, known as the Oral School, looking down the Mystic River toward the village. See page 151.





MRS. FAIRCHILD ALLEN.

FOOD, HOME AND GARDEN.

VOL. II, NEW SERIES, NO. 22.

NOVEMBER, 1898.

WHOLE NUMBER 95.

MRS. FAIRCHILD ALLEN.

WE have before had occasion to refer to Mrs. Allen as a most consistent as well as earnest friend to the animal creation and we have pleasure in presenting what we trust will prove a good representation of a recent photograph. Mrs. Allen is the founder of the Illinois Anti-Vivisection Society and with her periodical is now laboring in Chicago with great zeal and energy.

Her most recent public effort has been a strong protest against the celebration of peace in Chicago by the slaughter and public roasting of an ox and the distribution of slices of the dead body among the celebrators of peace on the Jubilee day.

Her protest is thus spoken of by the *Chicago Record* of Sep. 23, 1898:

PROTEST AGAINST ANY MORE BLOOD.

"Realization of the proposed barbecue will have to be made over individual and concerted protest from members of societies for the prevention of cruelty to animals. Champions of the brutes declare that if an outdoor feast is to be held for the masses the real emblems of peace—fruits and vegetables—should be served instead of meat. The slaughtering of shoats and sheep, they claim, would be a prolongation of the red tragedy of war and decidedly inappropriate.

"Mrs. Fairchild Allen, president of the Chicago Branch of the International Kindness to Animals' society, who directs her affairs from 275 42nd St., is the first to take up the movement for fruits and vegetables instead of flesh. She wonders why there should be any addition to the sanguinary scenes already enacted in the Spanish-

American war. Mrs. Fairchild Allen would serve carrots, tomatoes, cauliflower, spinach and other products of the ground, and in such a feast of varied vegetables she thinks every taste would be pretty sure to be satisfied. She will address the mayor, in whose mind the barbecue idea originated, and the managers of the celebration on the subject."

Mrs. Allen does not give as a reason for preventing suffering in the slaughtering of animals the reason "that it would poison the meat" but her reason is that we have no right to cause the suffering because it is not necessary to slaughter animals at all. Mrs. Allen was one of the distinguished guests at a Vegetarian Thanksgiving Banquet in Chicago and her words for preventing cruelty to animals were not based on any selfish consideration but were on the broad basis of humanity: the practice of slaughter being antagonistic to the development of the humane spirit in man.

Prof. Anderson of Chicago has recently issued: "Nature Series No. 1: *The Natural Way in Diet or the Proper Food of Man.*" We present this picture of Mrs. Allen as a sample of the many portraits appearing in that volume. The book is a valuable addition to Vegetarian literature by one who has been instrumental in improving the dietetic habits of thousands of patients whom he has treated by correspondence. Many pages are devoted to anti-vivisection of which Mrs. Allen is the chief representative in Illinois.

FOOD HOME AND GARDEN

ADVERTISING IN FOOD, HOME AND GARDEN.

We have never known an advertisement in F. H. & G. to be unproductive of results and, if continued, unprofitable. Mr. J. O. Clark advertised as follows:

Wanted Immediately!

TO hear from Vegetarian Families in all parts of U. S., especially on Pacific Slope who are favorably and permanently located in places where land can be had at moderate prices

FRIENDS OF HUMANITY!

Lovers of Truth and Purity by complying with above request you will aid Vegetarians whose means are limited in finding places in which to build up homes where they can protect their children from the soul and body destroying influences inseparably connected with Rum Holes, Pig Pens and Slaughter Houses. Please let us hear from you IMMEDIATELY. Address: J. O. Clark, Nat, Jackson Co., Alabama.

At the end of five months he wrote us:

"Believing that you would be glad to know the result of my ad., I will say that in one respect I was at first somewhat disappointed, yet I have good reasons to believe that the final result will be better than I expected. I hoped to hear of a place where several Vegetarian families had already a foot-hold, near together where land could be had at low figures. In this I was disappointed. However, I have heard from several families and single individuals in different parts of the country who are permanently located where land can be had very cheap. A man who lives on the eastern slope of the Ozark Mountains in eastern Missouri, writes me that he has 600 acres of first-class fruit land that he would be glad to sell to Vegetarians in lots of from five to forty acres at five dollars an acre. This man also has over 2,000 acres of other lands that are not so good, on which he does not state the price. The 600 acres are not for sale to *any one at any price*, except to those who do not wish to raise animals of any kind, *not even poultry*, to be butchered. He has an orchard of about 3,000 trees, mostly apples and

peaches, that have been bearing twelve years without a failure.

"Another man on Puget Sound, Wash., is anxious to have Vegetarians settle near him. He does not mention that he has any land for sale, but he says that land there can be had at moderate prices. The prices that he mentions, however, are somewhat higher than the Missouri man's price. I expect to locate at one of the above-mentioned places in preference to any of the other places I have heard from, several of which offer great inducements. If money matters do not run too low with me, I will probably see both places before making a final decision. I hope to be located within a month or two, but circumstances may compel me to stay where I am until Spring. Since advertising, I have heard of several efforts that are being made to start Vegetarian colonies, and although I cannot endorse the plans of either of them, I sincerely hope that they may all be successful. My idea of a Vegetarian colony is that each member should be a "law unto himself" in all matters of mere opinion.

"Many other reforms besides the food reforms are sadly needed, but as no reform that does not take into consideration the food that nourishes our bodies can be permanently successful, Vegetarians should come together on a basis broad enough to afford room for all who can comprehend that pure bodies, minds and morals cannot be answered to those who feed on the products of the butcher.

"In my opinion, all Vegetarians should adopt the adage:

For forms of faith let wrangling bigots fight,
His can't be wrong whose life is in the right.

"For the benefit of all whom it may concern, I will say in closing that the use of peanuts prepared on the mill bought of you last winter, and of Graham flour made

FOOD HOME AND GARDEN

on it, I have been greatly relieved from a bowel trouble that I contracted in the army while serving Uncle Sam during our unpleasantness between the North and South. I firmly believe that all Vegetarians and many who are not Vegetarians would have the mill if they knew of the many profitable uses to which it can be put. No amount of money would induce me to part with mine could I not get another.—J. O. CLARK, Nat, Alabama, August 13, 1898.

We hope that those who are wanting Vegetarian neighbors and co-operation will avail themselves of the Personal Columns of FOOD, HOME AND GARDEN to obtain what they want. There are thousands of isolated Vegetarians who might be brought together by these means.

ALEXANDRINE VEIGELE'S EXPERIENCE.

I had been more or less an invalid all my life, when 15 years ago I became worse and spent the most of my time in bed. As no doctor had ever done me any good, I would not consult any more, and I remained thus for three years, then, upon the advice of friends, I consulted a good, kind and conscientious doctor of the old school who advised me to cease eating butcher's meat. I therefore began to live on fish, fowl and vegetables. Seeing that I derived no benefit from such a diet, another doctor was called in, who, after a consultation with my own, decided that an operation was necessary. I would not, however, consent to be operated upon, so continued in the same state of health for two years longer, when I made the acquaintance of a young, strong and healthy-looking Vegetarian, who advised me to try his diet. I hesitated at first, but at last was persuaded to do so. After having lived a few weeks upon Vegetarian diet, I was able, to my great joy, to

leave my bed and have never been again confined to it. My health continued to improve daily upon that diet, and a few months after I was able to resume my duties as a teacher, which I had been compelled to give up some months previous to my illness, because parents thought me too old looking. No allusion was afterwards made to my age, and I had no difficulty in procuring pupils, although I was then several years older. I have, since, studied carefully Vegetarianism, and come to the conclusion that for centuries we have been living wrongly, which is the cause of our failing health. If we wish to regain our health, we must live as nature intended us to live, that is to say, on fruit, nuts, grains, vegetables, etc., and not upon the remains of animals. Anyone who has to study a little, and who wishes to know the truth, can do so easily and cheaply, for there are books from one dollar upwards which give information on the subject, as well as very interesting facts for the good of all.—ALEXANDRINE VEIGELE.

THE GENTLE JAPANESE.

"There is one peculiarity about the Japanese that is not particularly known—they never utter an oath," said Col. R. W. Gruber. "The reason for this is that there is no word in the Japanese language which is equivalent to an oath. Even the vast number of foreigners who have gone to that country during the last ten years and the thousands of new words added to the language have not in the least affected the Japanese in swearing. In this respect the Japanese stand alone, for all other inhabitants of the earth can, when they step on a tack, use a profane word."

There is no doubt but the absence of profanity in Japan is more attributable to the unstimulating foods than to the lack of words.



SPORT AS A CHRISTIAN PRACTICE.

The Boston Investigator has a controversy of several columns in regard to sport and its cruelty, from which we learn that a Mr. Dean admits that it is cruel but not uselessly so, for "the squirrel makes good eating," to which Mr. J. M. Greene replies: that "it is the old excuse for every crime against right since the world began—that you can make it pay! But does it pay the hapless objects of these thrifty cruelties? Does it pay the squirrel?" To which it is replied: "He gets a painless death and that's good enough for him." To which Mr. Greene responds: "And yet, even then, why so sure about the 'painless death?' Are squirrels never mangled, and do they never crawl away and die slowly in some retreat? or must every one who hunts be, according to Mr. Dean, a 'dead shot?' And how about some very possible *little* squirrel, hidden somewhere in some cute little nest, while the mother goes out to forage for the family? Does Mr. Dean's ethical system take in the *little* squirrels, too?"

Mr. J. A. Wilson also takes a hand in the controversy, charging that Mr. Dean makes no defence of his cruel actions, but has the poor taste to glory in his cruelty, and that "his description of the manner of hunting the squirrel shows his utter lack of those fine sensibilities which are indispensable to a true liberal. The fact that he considers the terrifying and shooting of an innocent squirrel a favorite pastime is a strong indication that he has not evolved as far out of orthodoxy as he would have us believe. Those whose chief delight is in the suffering of others have all the characteristic marks of the Christian God."

Our Christian friends, who practice these cruelties will see how the liberals charitably attribute them to "their God," instead of to

themselves. The cruel conduct of professing Christians is thus attributed to their religion rather than to the want of it, which is the true cause. Mr. Wilson continues: "No one has a moral right to be happy at the expense of causing needless suffering to any sentient being. I dispute Mr. Dean's assertion that the hunting and shooting of squirrels is not uselessly cruel. The animal is not needed for food. There are hundreds of varieties of cereals, fruits and vegetables which are far superior. No one would suffer for the want of its hide and fur except itself. I have never tasted squirrel meat, and trust Mr. Greene has not; but if I had, and it tasted good, the shooting of the animal would still be uselessly cruel, because there is such an abundance of good-tasting things in the vegetable world that offer no resistance.

"Perhaps my baby would taste good if killed and roasted, but that would not prevent my killing and eating it from being uselessly cruel."

It seems that both liberals and Christians fall short of their professions when the prospect of gratifying their own sensual appetites and their infernal lust for blood tempt them.

The fact is the practice of eating flesh blinds both Christians and liberals to the enormity of the cruelty it involves. If they would abstain from this practice for a time they would stand a chance to obtain an intelligent and humane view of the subject, and not make themselves appear so inconsistent with their profession of humanity and religion.

A physician says he has known many bad cases of alcoholic appetite gradually cured by eating apples at every meal.—*The Temperance Cause.*

FOOD HOME AND GARDEN

THE MYSTIC SUMMER SCHOOL.

The beautiful grove on the Mystic Lake, near the mouth of the Mystic River, Connecticut, where thousands gather every year to hold a peace Convention, is to be utilized as a summer resort and for holding other Conventions in the interest of Temperance, Vegetarianism and kindred reforms. Rev. Amanda Deyo, who is at Mystic, promoting this project, writes :

MYSTIC, CONN., Sept. 30, 1898.

Dear Friend : Mystic is so admirably situated half way between New York and Boston, and those cities are so gorged with people that tourists are ever glad of such lovely spots in which to summer, and then with the attraction of a summer school, certainly the tide will set in our way for a great many to come with us. This is a temperance town. No license has been granted here for several years. There are six churches here and very good and sympathetic feelings exist among them. There is enough in prospect now of meetings in our grove to occupy a good part of the summer. Professors and teachers have been engaged to make a very fine opening. It will commence as early as the middle of June and keep open until in September

I have had many meetings with the Board of Trade here and now they have sanctioned our project and their best and leading citizens have headed our subscription paper. Five hundred dollars would set us right on our feet for our work.

I have the faith to believe a great work will be opened here. I have the entire sympathy of the citizens here. I have been welcomed by the clergy and the business men. They have given me a good working committee from the Board of Trade. Our plan is not to spare printer's ink between now and next summer in all the leading magazines and monthlies, putting them in illustrated letters, showing the beauty and seclusion of this Peace Grove, the nearness to the little town, the ease by which it

can be reached by steamboat and rail. We shall have tents at first to accommodate the parties who come and utilize all the homes and hotels for housing the guests. The Board of Trade is having our land surveyed and marked out in building lots. The owners of the livery and carriages here told me he knew three cottages would be built as soon as we had the building sites marked.

It has not been any *light task* to move a whole town of 4000 inhabitants and get a concert of action. This, I feel, has been accomplished.

I most cordially invite you and your *church* and Society to come with us and give us your *best* in our summer school work. I hope you may get the strength to come and possess a restaurant tent and make the Hygienic and Vegetarian diet a conspicuous element for hastening the time of Universal Peace. Your Vegetarian Association all over the United States could make our place their headquarters, possess a permanent home among us at our *Peace Grove* and teach their beautiful truths. Please think of it, you and your people, and give us of your best. To begin, hold a few days with us at least.

The outline of our school is, to have no sectarian or political bias, welcoming addresses from all who are striving to widen and deepen the the spiritual life and thought. Sarah J. Farmer, in her successful work at Greenacre, Maine, will render us all the aid she can. She has had the Vegetarian thought there and has become a total abstainer from all flesh. So has the clerk in her hotel, Mr. E. B. Beckwith, who has served her for several weeks both last year and this. By invitation from me, he came here to Mystic and spoke before the Board of Trade, telling them of the great good Greenacre had done, by bringing not only one single church and its work for good, but the best in all churches and along all lines.

I hope to get back to Philadelphia as soon as I can, and I shall then avail myself to be a learner along these lines you have given so much attention to. What little opportunity I have had has done me good to be at your meetings.

FOOD HOME AND GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 2 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 2 insertions \$10. Per page, inside, \$15, outside, \$25.

Walter Savage Landor says it is a hard thing to take away what we cannot give, and life is a pleasant thing, at least to birds.

Siam, under the present king, is making progress in education. The American system of education will supersede dogmatic theology in making real progress.

Clara Barton is reported by a newspaper correspondent to have found sick and wounded men being fed on hard tack and bacon, when she immediately changed their diet to gruel, saving many lives thereby.

The *Journal of M. B. S'y* sums up Buddhism as establishing the Brotherhood of Man, the raising of woman to equality with man, and inciting to compassion toward all living creatures, stopping the destruction of animals for food.

Madame Veigle, whose experience we give on page 149, is now engaged in practically promoting the Vegetarian cause by running a Vegetarian Supply Store at 87 Praed Street, Paddington London, W., England, and in lecturing, giving cooking demonstrations, etc.

The reports that reach us of the Anniversary Meeting of the Vegetarian Federal Union in London on September 12 and following days are encouraging. President Hills broke all former records of his eloquence and zeal and made a masterly

address. Other speakers also did well and there was an exhibition of Vegetarian foods and inventions which attracted much attention.

An artillery officer states that during the summer of 1864, General Grant telegraphed to the War Department: "I will not move my army without onions." The next day, three train loads of onions were moved to the front. He regarded onions as an antidote for dysentery and other camp diseases.

Bayard Taylor reported that Siam practices Buddhism more simply and purely than any other nation. That there, Buddhists were more likely to convert Christians to Buddhism than were the missionaries to convert Buddhists to Christianity. Flesh-eating missionaries have no influence in Siam.

Dr. A. H. Reeder in the *Chicago Weekly Inter-Ocean* shows that feeding oxen and hogs on corn to produce beef and pork is an immense waste of good food, as it takes from three to five pounds of corn to produce one pound of beef or pork, which contains two-thirds less nourishment than one pound of cereal.

The ladies of the Presbyterian Church, Plainwell, Mich., gave a supper on Sept. 19, 1898, providing canned beef. The result was, one-tenth of the population of the village was made sick, fifty-five persons were poisoned, twenty ill and four expected to die. Yet people will continue to eat the vile stuff, even at church festivals. But if they would trace the nicely-labelled cans of beef to their source in the blood-stained slaughter-houses of the city, where the very air is laden with the stench of blood and fifth in various stages of decomposition, and would listen to the shrieks and sobs and moans of the dying, the sight of the

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quivering limbs and piteous eyes of helpless struggling creatures, sure their "Christian hearts" would yield and they would cease to feed on such abominations.

The *Vegetarische Warte* recommends Italy for Vegetarians on account of climate, abundance of fruit, low rents, etc. Our Italy is Florida, California, New Mexico or Washington. The Sandwich Islands are our islands equal to any in the Mediterranean for climate and productiveness, to say nothing of Cuba and Porto Rica. We need not go to Europe to spend the summer or winter.

We desire an expression from Vegetarians, especially those residing in New York and New England, as to their willingness to co-operate in making the Peace Camping Grounds at Mystic a rendezvous of Vegetarians during the hot season and holding meetings there for the practical demonstration of Vegetarian principles and practices. Let us hear from you, friends! Shall we have a convention there next Summer? Let us have some volunteer offers of aid in this project. It is a most delightful place for such a purpose and is liberally offered by the U. P. Union. With co-operation, we will undertake it. We must have that.

DR. HAIG ON DIET.

Alexander Haig, M. A. and M. D. Oxen., F. R. C. P., Physician to the Metropolitan Hospital and the Royal Hospital for Women and Children, an accredited authority, has issued, through the Churchills, London, a work entitled *Diet and Food in Relation to Power of Endurance* in which he attributes much of the sickness of modern life to the large amount of uric acid and advises a diet free from that poison. In his ample bill of fare, flesh-meat is on this

principle, entirely excluded. He prescribes milk and its products, the pulses, bread-stuffs, cereal foods and glutens, nuts and nut foods, vegetables and fruits, fresh and dried. As this is a thoroughly scientific work, not gotten up in the interest of Vegetarianism, it must command the attention of the medical profession.

THE LANCET ON FLESH-EATING.

So unsensational an organ as the London *Lancet* is giving no slight satisfaction, of late, to the Vegetarians. It argues that nervous diseases and weaknesses increase as people come to live on the food of warm-blooded animals—a point to which, it thinks, attention has not been adequately directed—the fact being that meat is highly stimulating, and supplies proportionally more exciting than actually nourishing pabulum to the nervous system. Furthermore, according to this authority, the meat eater lives at high pressure, and is, or ought to be, a peculiarly active organism, like a predatory animal, always on the alert, walking rapidly, and consuming large quantities of oxygen; on the contrary, however, it is found that, in practice, the meat eater does not live up to the level of his food, and, as a consequence, he cannot or does not take in enough oxygen to meet the exigencies of his mode of life.—*Vineland Paper*.

The *Lancet* is usually far away ahead of the medical professional practice. Years ago it exposed the beef tea fallacy and warned the profession against it. Now it boldly exposes the flesh-eating delusion in regard to all warm-blooded animals. By-and-by it will expose the danger of eating shell-fish and such-like filthy habits.

Every friend of the cause is invited to subscribe to the quarterly, *Our Postscript*: 5 cts. for 1 copy, 25 cts. for 10; \$1 for 100 a year.

FOOD HOME AND GARDEN

THE WHOLE WHEAT CRAZE.

In part of our issue on the article on "New Nutritives," page 158, the *Evening Post* is quoted as speaking of the "craze for wheat flour." It should have been "whole-wheat flour" and was so printed in the *Evening Post*. We are glad to know that the "whole-wheat craze" is passing, as we always believed it was a temporary sentiment that would abate when understood. It was a misnomer, and conveyed a wrong impression. The supposition that the outer cuticle of wheat is injurious to anyone, with all deference to those who believe it is, we regard as an error. There is nothing bad in a kernel of wheat either inside or outside, and when it is properly reduced to flour, bran and all, as is done by the Vegetarian Society Mill, it is more valuable as food than when any portion of it has been abstracted. "Whole-wheat Graham" is the true flour. True in name and true in science and experience.

CAPACITY OF THE VEGETARIAN SOCIETY MILL.

The mills which we advertise have a capacity proportioned to the amount of power applied. The handmills with one person power will grind about three quarts of wheat an hour without great exertion and when a half-horse power motor is applied to it, it will easily double this output, even grinding bran and all according to directions. The power mill, (cut No. 4 in circular) with tight and loose pulley, 190 revolutions, and one horse-power motor will grind two bushels of wheat per hour, and the large mill, No. 5 in circular, will grind three and a half bushels of wheat an hour with a two-horse power motor. Wheat is harder to grind than nuts, which can be ground much more rapidly and with much less power. Hand power is ample for keeping an ordinary family supplied

with Graham flour and nut butter, but to make a business of supplying several families or a whole neighborhood, it is best to have a motor and driving pulley.

For general manufacturing purposes, the larger mills and one or two-horse power motors are best.

CENSUS AND COLONIZATION.

The educational advantages of Vegetarian colonization cannot be over-estimated. We want at least one whole school district where the School Board and consequently the teachers are anti-carnivorous. This can be accomplished by colonizing in some of our newly-settling territories. We are endeavoring to obtain a census of Vegetarians so as to enable practical reformers to co-operate and accomplish greater results than can possibly be accomplished by isolation and ignorance of each other's existence. Blanks will be furnished all who will co-operate in completing a census of Vegetarians. Each State, Territory, and if possible, each City and Village where there are Vegetarians, must be known and recorded. There is a distinction between colonizing and forming social communities. Men are not necessarily socialists who form a colony for the establishment of a good neighborhood and pleasant co-operative arrangements so as to cheapen the necessities and comforts of life, and to unite on such co-operation principles is right as far as it goes, but the object of a Vegetarian colony is not simply to live and secure the advantages of co-operation for the colonists, but to so live as to exemplify the advantages, physical, moral and spiritual of a Vegetarian life uncontaminated with the influence of slaughter, bloodshed and the destruction of animal and bird life. The aspirations of Mr. J. O. Clark, as shown by his advertisement and its results, (see page 148) is not a selfish one. He wants to live where his children will not witness slaughter nor be inured to its cruelties. He has a right to seek such a location, not merely for the benefit of his children, but for the effect and influence that children so trained will exercise in the world when grown.

HOME DEPARTMENT

THANKSGIVING DINNER MENU.

For us the garden's fertile soil
A guiltless feast does bring;
Fresh herbs and fruits our tables spread,
Our drink is from the spring.

Brown Bread.	Mock bisque soup.	
	Lima Beans.	Cauliflower au Gratin.
	Chili Sauce.	
Potato Pie.		Peas Pie.
Olives.	Currant Jelly.	
Pineapple Sherbet.	Peanut Sandwiches.	Celery.
Grapes.	Bananas.	Assorted Cakes.
Spring Water.	Caramel Cereal Coffee.	Nuts.

RECIPES.

Mock Bisque Soup.—1 doz. ripe tomatoes or 1 can; cook in 1 qt. of water. When done, strain through a colander, add 1 pt. of cream, a lump of butter size of egg, salt to taste and a little thickening, if desired. Serve hot.

Cauliflower au Gratin.—Soak a large cauliflower, head down, in cold salted water about an hour. Cook in boiling salt water till tender. Break into flowerets. Put a layer in a deep pudding dish, cover with white sauce. Continue the layers until the dish is filled or the flowerets used up, the top layer being of sauce. Put into the oven until brown.

White Sauce for Cauliflower.—3 tablespoons each butter and flour, $\frac{1}{3}$ teaspoon salt, 1 $\frac{1}{2}$ cups of milk. Boil until done.

Chili Sauce.—18 large tomatoes, 3 onions, 1 large pepper. Chop all together and cook until thick. Add 1 pt. of vinegar, 1 teaspoon each of cinnamon, allspice and ginger, $\frac{1}{2}$ teaspoon cloves, 4 tablespoons sugar, one of salt.

Pineapple Sherbet.—Grate two large pineapples. Take 1 $\frac{1}{4}$ lbs. of sugar, the juice of 2 lemons, 1 qt. of water. Mix all together, freeze and add a meringue.

MUSHROOMS & THEIR USE.

Mushrooms have been and still are, much more largely consumed in Europe than in this country. In China, where, with her teeming population, the cost of living seems to be reduced almost to its minimum, they are extensively used. China itself does not supply its own demand for them, and therefore they import large quantities from Japan and other islands of the Pacific Ocean. In some of the cities of Europe the consumption of them is so great that a superintendent of the market is employed to inspect those offered for sale, and to destroy those that are unwholesome or unfit for food. In this way it has been ascertained that more than thirty tons are annually consumed in Rome alone. The wealthy and nobility are apparently as fond of them as the poorer classes as they are served at the tables of the hotels and on great occasions.

They constitute a very nutritious and sustaining diet. Chemical analysis, as well as experience indicates this. The former has shown that they contain in their dry matter from 20 to 50 per cent of protein or nitrogenous material, and they may therefore be called vegetable meat, and be used as a substitute for animal food.

A hearty meal of mushrooms alone might be expected to produce consequences similar to those following a large repast on nothing but beefsteak.

Only sound and fresh specimens, young or just mature should be taken.—Selected by Miss Mary Middleton from *Mushrooms and their Use* by Chas. H. Peck, State Botanist, N. Y.

Make home pleasant by planting trees.

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A FAMILY OF TWELVE.

It is interesting sometimes to read old letters. Here are some extracts from one dated Colchester, England, March 10, 1886: "I thank God for my early intercourse with your own dear self and it cheers my heart that your life is still spared to be a blessing to others in this lower state. * * You will be pleased no doubt, to know that I have not deviated from my practice of Vegetarianism since I first totally abstained from the use of flesh meat on the 22nd of November, 1847, which will be a period of 39 years next November. My health has been uncommonly good. Mrs. Beach is still healthy. She was 66 on the 16th of this month. We have brought up ten children to man and womanhood."—John Beach.

NUTS FOR EATING.

Nuts are much employed in high-class cookery, but their value seems not to be recognized by the majority of country housewives, too many of whom let the squirrels get them all. Very delicious dishes are made of chestnuts. No nut makes a cake more delicious. Nuts chopped and sprinkled over puddings, hot or cold, give a new flavor and generally improve them, while mixed through custard they make a surprising change in this simple dish. Stewed apples sprinkled with chopped nuts and the core space filled with jam make a good dessert, which need be of no cost except for the labor used, and this is of only nominal value.—*Philadelphia Inquirer*.—Nuts when ground give forth their nutriment much more readily than when "chopped." The use of the Vegetarian S'y mill has done much to make nuts popular as food.

DRIED OLIVES.

I am continually in receipt of letters from readers of FOOD, HOME & GARDEN enquiring if I sell dried olives and so would

like to make a general answer that I sell nothing and own nothing but consider what is placed in my hands simply to be held subject to his orders. I do not believe in Christians earning their bread by the sweat of their brows, that was the curse which is removed when we return to God. Farmers will dry olives as soon as they are sure of a demand for them. If all who want dried olives would send their orders to you and you would order them in the bulk to the amount wanted there would probably be no difficulty in my securing them for you. A farmer in National City was induced to dry some last fall and I gave him orders for them all.—Rev. Isaac B. Rufford.

A VEGETARIAN TURKEY.

By WM. C. FERRIS.

Six cents provided the Turkey for four grown persons on Thanksgiving Day last year and there was much left over. The turkey was a Hubbard squash, browned in an oven to a fine dark tint and provided with a stem that certainly did look like the neck of a fowl.

For this dinner no flesh, fish or fowl was used; no salt, pepper, mustard or vinegar; no animal products except a bit of butter. Yet the dinner was delightful in every way: The cranberry sauce was guiltless of skins and seeds and the fruit was all that an epicure could desire. We were served with Caramel Cereal Coffee and nuts for dessert.

Professor Haskins of the Co-operative College of Citizenship with his wife and daughter are staunch Vegetarians who live the life for the good it does them, and they would do the same if they were alone in their convictions. Mrs. Haskins provided the Hubbard Squash Turkey Dinner spoken of. Their rooms are the headquarters of the Vegetarians of the West side, Chicago, and the work of their College is widening day by day.

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A NORTHWEST V. COLONY.

Rev. Mrs. H. S. Lake is receiving letters from all parts of the country from those who desire to join the Northwest Vegetarian Colony. She writes: "There is much good land about here that can be bought cheap. I would like a group of ten to twenty persons on good fruit land over-looking the Sound. We could sustain ourselves well with fruit, bees and sheep. I have studied Ruskin Colony and a great many others. My plans differ from all I have seen or known of." Those who desire information should address Rev. H. S. Lake, Lock Box 502, Olympia, Washington.

THE WINEBERRY.

"There is a new table berry on the market this year," said a market dealer to a *Washington Star* reporter, "which proves that there is something new under the sun after all, at least in the berry business. The newcomer is called the wineberry. In shape and color it is not unlike the raspberry, though it is a trifle smaller in size. In taste and flavor it is a combination of the raspberry and the old-fashioned red-currant. It is superior to either of the berries from which it sprung, and has an advantage over either in that it ships better and lasts longer. It is a graft from the raspberry, and is the result of considerable study and experiment. It grows in every respect like the red raspberry, and is as prolific. Those that have been sent to market so far this season do not show up as well as they should, for the reason that there has been but very little rain in this section of the country for the past two months, when the fruit was making. The

retail price is about the same as that of the raspberry."

Our experience with this berry does not justify all that is said in its favor, but our location probably was not favorable.

NEW USE FOR PEANUTS.

Peanut butter answers in the place of ordinary butter for table use, and is said to be excellent for shortening purposes and for gravies, sauces, etc. In point of purity it is superior to the best dairy butter. It is well designed for the use of Vegetarians who strenuously object to anything animal. There is already a considerable demand for this butter substitute, and it is very probable there will be an enlarged market for the nuts. At present the product of the United States is about 500,000 bags annually, and that of the world is 600,000,000 pounds.—*West Coast Trade.*

The use of peanut butter is extending and bids fair to build up an immense industry, as its manufacture can be carried on in thousands of homes by men, women and children in addition to other occupations. Our eight-page pamphlet on the Vegetarian Society Mill gives the requisite information.

THE TRANSPORTATION QUESTION.

The French farmer can send his produce by mail in packages weighing seven pounds or less to any part of that country for 12 cents, while in Germany the rate is only 6 cents for packages under 11 pounds, and one cent for every additional pound.—*Philadelphia Record.*

The English farmer has similar privilege but the American farmer must pay one cent an ounce for sending his produce to market, which is more than 16 times as

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much as the German farmer pays. But he may send by express, in which case he frequently finds the cost of transportation greater than the receipts for the produce. That is what discourages young men from staying on the farm and fills our cities with unemployed paupers. All other productive industries are similarly discouraged in this country, and the free circulation of money all over the country is thus prevented at the behest of a few wealthy express companies, who now refuse to pay the war tax and impose that additional burden upon their patrons.

NEW NUTRITIVES.

While pessimistic scientists in Europe are bewailing the prospect for a wheat famine and consequent starvation for the increasing population of the earth, new and better sources of nourishment are being discovered in this western hemisphere, which bid fair to rival the cereals both in quality and productiveness.

The next dietetic fad, says the *New York Evening Post*, is going to be banana flour. Manufacturers are experimenting in this direction, and promise soon a meal that will keep as long as wheat flour and make a much more nutritious bread. As already the craze for wheat-flour is passing, this new albumen will undoubtedly meet a quick welcome when it comes. The use of the banana has developed its great value as an article of food, and the great army of banana consumers are prepared to accept eagerly its further development.

Then we have been promised peanut flour from the peanut oil factories. The area in which peanuts can be produced is probably greater than that in which wheat can be grown. The consumption of nuts is increasing and the greater demand will inevitably

lead to greater production. Millions of acres of cheap land hitherto used only for grazing in Texas and other Southern States, can be utilized for the production of nuts. The Pecan nut grows wild in Texas and its general cultivation would bring to that state vastly more money than stock grazing and would be a less risky business. To our European friends we may say be of good cheer: "man does not live on bread alone." America is looking ahead, and when all the wheat lands are exhausted, there will be other sources of food opened up and the use of wheat will be, in a great measure, superseded by the use of better products, good as wheat has been.

TROPICAL FRUITS.

One of the results of the war will be the opening up of several West India Islands to the settlement of enterprising Americans who will see in the large and economical production of tropical fruits for consumption in the United States and Europe a most worthy and profitable enterprise. Bananas will, in all probability, become a staple of immense importance, as they can be readily converted into highly nutritive and easily digested flour, as well as used as raw or cooked fruit. Oranges, lemons, nuts and a great variety of choice fruits which have hitherto been too costly for extensive use among the working classes on account of tariff duties, will soon become so common as to supersede animal products in the daily menu of the masses in this country, and a corresponding improvement in health will be the result. Porto Rico is a paradise for fruit growers, and when worked with Yankee skill and energy will teem with these tropical productions. The failure of oranges in Florida will not be felt so great a loss when Porto Rico is developed as United States territory.

APPLE BLOSSOM

APPLE BLOSSOMS IN CLOVER.



BESSIE AGNES

SINCE the appearance of that excellent monthly *Good Health* for June, 1898, we have been desirous of reproducing in our Apple Blossom Department the article by Mary Henry Rossiter on "Vege-

tarian Boys and Girls," and through the kind courtesy of the editor, Dr. J. H. Kellogg, we are now enabled to give an installment thereof, pictures and all, and we call it "Apple Blossoms in Clover," because the Vegetarian boys and girls are enjoying themselves like ponies in a clover patch.

"If Vegetarianism provides the ideal diet for man, why are so many of its disciples pale and thin?" This is a frequent query, and a pertinent one. The querist refers, of course, to American Vegetarians of his own acquaintance and observation. An eminent physician who is authority on this subject, when asked how to meet the objection implied in the question quoted, said, "That is simple enough, tell them the truth. Most people do not become Vegetarians until they have one foot in the



HATTIE

HELENA

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grave. They refuse to give up the flesh-pots until they are forced to do so. Their stomachs have been ruined by their sins against them, and they are only too fortunate to live at all, to say nothing of looking pale and thin. Most of them would be dead were it not for their reform in diet."

The physician added, "If you wish to see rosy and plump Vegetarians, look at the Vegetarian children. You cannot find children brought up on rational principles, that are pale and thin."

This physician's own children afford a fine proof of his assertion. They are all rosy-cheeked, healthy and vigorous. They ride a troop of Shetland ponies. They swim, row, sail, skate, ride bicycles, raise flowers and vegetables, and are well ac-



ROBERT PAUL



CECIL TERISITA IVALINE

quainted with forest trees and flowers; keep weather observations, know how to use the saw, plane, draw-shave, chisel, bitts, and and all sorts of cabinet-maker's tools; they weave baskets, sketch, draw, paint, take care of a large house, do all sorts of house-keeping, cooking and laundry work, and are always well and strong.

Bessie, Agnes, Hattie and Helena are fast growing into young womanhood, and happier, more useful, more sensible maidens could scarcely be found. They have been reared strictly upon hygienic principles. When Bessie was a very little girl, her mother took her upon a railway journey. A lady fellow passenger gave Bessie some candy. The child did not know what to

do with it, but finally decided to play with it. When she had a favorable opportunity, she threw it out the window.

None of the children in this family of fifteen ever thinks of eating candies, or ever sees any meat at home. They all look upon flesh-eating with the same feeling that most people have toward cannibalism.



GEORGIE RICARDO NEWELL

One of the happiest hours of our life was spent with these bright children. Their teacher kindly gave up her school to us and we gave them a lesson in Pitman's Phonography. They learned very rapidly, actually reading and writing words in short-hand within the hour.—Ed. F H & G.

To be continued in our next issue.

November.

Another Vegetarian Victory.



A Vegetarian quartette of boys outwalk the pick of the Turners (Athletic Society) of Berlin, who are Flesh-eaters. Forty-one miles in 17 hours by children from 7 to 14 years of age. The flesh eating children gave up before half the distance had been walked.

(See page 165.)



*Nature should ever be
our sole authority!*
Reinhold

FOOD, HOME AND GARDEN.

VOL. II, NEW SERIES, No. 23.

DECEMBER, 1898.

WHOLE NUMBER 96.

HEALTH COLLEGES.

DR. AUG. F. REINHOLD, of the Institute of Water Cure, New York City, whose portrait we present on the opposite page, has produced *Nature vs. Drugs and Positive Prevention and Cure of Tuberculosis*. He has also translated from the German, Kuhne's *Facial Diagnosis*. These works and a successful practice in connection with his Water-cure, have given him prominence and inspired the confidence of the Health promoters of what is known as the Hygienic School. His position in New York City very much resembles that taken by the revered Dr. Trall, who opened the first water-cure there and established the first College of Hygiene nearly fifty years ago, at 15 Laight Street.

We hope soon to give a picture of the new college building to be established by Dr. Reinhold. To promote the object in view, it is proposed to establish a United States Society for the Promotion of Public Health. The avowed purpose is to "establish Health Colleges all over the country." It is a great object, but it is deemed best to establish them one at a time and to begin with New York.

The study of Health and its preservation is to be the chief feature, while the study of anatomy, surgery, bacteriology and kindred sciences will be facilitated by avoiding the study of drugs on which the time of students in medical colleges is usually wasted.

The modern method of cure, water, diet, massage, mental healing, osteopathy, etc.,

are to be taught and their respective merits compared, gymnastics, calisthenics, lung exercise to be practically taught by exercises in rowing, riding, driving and other harmless sports. The object is to train the students to be examples and apostles of health rather than mere healers of the sick. Instruction may also be given in oratory and journalism, so as to fit students to enlighten the public.

With an army of 100,000 medical doctors the inhabitants of the United States are nearly all more or less ailing, while the wild beasts of the forests enjoy immunity from disease. This being the case, the students of the proposed Health Colleges will be made thoroughly competent to successfully handle any abnormal condition.

Many of the branches taught will be such as students can master at home, only a few branches requiring personal attendance, so that a student may hold a business position in the day-time while receiving preliminary instruction and earning enough to complete his course in college afterwards. Both sexes are to be admitted on an equal footing.

The colleges are to be incorporated and students to remain under the protection of the Society until rights equal to those of the graduates of other colleges are secured by law.

Proper precaution will be taken to admit none but persons of good reputation as students and no diplomas will be granted except on the concurrence of the faculty.

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The diploma will remain the property of the college subject to withdrawal, should the graduate prove unworthy.

The Health Society expect to publish a periodical and establish Health Resorts, Laboratories and food factories. Every health reformer is cordially invited to join the Society within the present month, so that the periodical can be issued about the first of the new year. No expectation of personal gain is entertained by the promoters.

Contributions, literary and financial, are to be addressed to Dr. A. F. Reinhold, 60 Lexington avenue, New York, from whom further particulars can be obtained.

Although not personally acquainted with Dr. Reinhold, we have reason to believe he is an enthusiastic, honest, able and energetic reformer, and we wish him success in uniting the Health Reformers of the whole country in the proposed organization.

TUBERCULOSIS.

Dr. James Lawe has been discussing with Mr. Parker, in the *Rural New Yorker*, the liability of persons becoming infested with tuberculosis from eating slaughtered beasts that have that disease, and says "the almost constant succession of cases in which tuberculosis has been speedily induced by feeding, puts the opposite opinion entirely out of Court. Tubercle has an especial tendency to attack lymphatic glands, and these glands are scattered through the carcass as offered for sale in the butcher's shop. The udder often suffers without showing anything which would lead to suspicion during life. The butcher's knife or cleaver used on the tuberculous internal organs or bones, and even the butcher's hands, are ready means of conveyance of the bacillus to other parts of the carcass. But it is even allowed that 25 per cent. of meat and milk

of tuberculosis animals may be infecting. Is not this enough to demand intelligent sanitary protection?" The fact is, there is no possibility of preventing tuberculous meat from being offered for sale, and consequently the only safety is in not buying any.

VEG. COLONY IN ARKANSAS.

Our esteemed friend, G. H. Timmerman, formerly of Nasby P. O., St. Louis Co., Mo., has, he writes, started a Vegetarian Colony. It is in Northeastern Arkansas, on the St. Louis, Iron Mountain and Southern Railroad. He claims that the land there will grow nearly everything for men to live on, from cotton to wheat, fruits and vegetables. It can be bought from \$3 to \$5 an acre in timber, according to distance from shipping point. One mile from town it can be had for \$3 and even less than that farther off. There are some small houses on it which can be had now quite cheap. For \$10, cleared and improved land can be had of very fine quality. Any industrious Vegetarian could get along without difficulty on such land. Those who wish to know more about it should write to Mr. G. H. Timmerman, Valley Park, Mo.

MECHANICAL EFFECT OF FOOD.

The assertion sometimes made that man requires just so many ounces of certain chemical elements every day and that everything taken beyond that is injurious and even poisonous, should be taken with some allowance. The man who recently restricted himself to the requisite amount of nutriment with the full expectation of living till he was 100 years old, died at 74. But then, he included beef in his dietary, not regarding the poisonous ptomaines contained therein. We believe the mechanical effect

December.

FOOD HOME AND GARDEN

of food should always be considered and this is usually obtained from fibrine or other innutritious elements which are as important to the healthy action of the organs of nutrition as are the nutritious elements. All fruit and vegetables as well as grain contain fibrous parts and they should not be eliminated until they have performed their important functions. Birds often swallow small pebbles in order to obtain, not nourishment, but mechanical aid to digestion. Our caged pets require sand or fine gravel; mules in the army have been known to eat the wooden sides of their army wagons when hay and fodder have been scarce. Physiology must be recognized as well as chemistry.

ANOTHER VEGETARIAN VICTORY.

Our friend Dr. John E. Keidell is a zealous Vegetarian. When at the World's Fair, Chicago, he attended the Vegetarian Convention and made several telling speeches in English. In one of these speeches he related that 50 German Turners had a race with 50 Austrian Turners. That they left Berlin on foot to see who had the most endurance in reaching Vienna. Among these racers were three Vegetarians. The newspapers made fun of them, but the Vegetarians said wait and see, "he laughs best who laughs last." "Yesterday," said Dr. Keidel, "I got a telegram that all the 97 meat eaters collapsed and did not reach the goal, whereas the three Vegetarians did, and one of them won the race."

Dr. Keidel returned to Germany and a bequest having been made for the establishment of an orphans' boarding school in Berlin, the control of which being placed in the hands of the City Councils, with the proviso that the children be fed on Vegetarian fare, in which milk, butter and eggs might be included, but no flesh, there was

some hesitation on the part of the authorities as to whether the children could be properly nourished without flesh-meat. To satisfy them on this subject, Dr. Keidel offered to test the matter of endurance of fatigue with his own three boys in a wandering match with any number of flesh-eating boys who might be selected by the Turners (Athletic Society) of Berlin. The desire was not to show speed so much as ability to endure protracted exertion without injury.

At 6 o'clock on the morning of the 2d of October, only two meat-eating boys selected by the Turner's Society were on hand and six Vegetarians, three of Dr. Keidel's boys and three other Vegetarian boys. The ages of the boys ranged from 7 to 14 years. The eight boys headed by Dr. Keidel started on their ramble. They leisurely walked, each with his cane headed by a bunch of flowers, and arrived at Potsdam, about eighteen miles from Berlin, at 2.30 o'clock. All the Vegetarians were in excellent condition, but the two picked flesh-eating boys were tired out and declined to go any further—gave up the contest. Dr. Keidel and his three sons and one other Vegetarian boy started again at 3.30, reaching Werden at 7 o'clock without other resting, in fine condition.

The next morning, whistling and singing, the party started barefoot and bareheaded, as seen in our picture (page 161), followed by a multitude of men, women and children, who were astonished at what they regarded as an exhibition of cranks. They reached Brandenburg at 7 o'clock, P. M., in fine condition, their feet uninjured, singing and swinging their canes. The certificate of the mayor of Brandenburg as to their good condition on arriving was readily obtained. They had walked 17 hours in the two days, and the distance from Berlin to Brandenburg, as near as we can make out by the

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map is about 41 miles, which showed good perseverance and endurance in children from 7 to 14 years of age.

Dr. Keidel and his children live without any kind of animal food and Dr. Keidel has so lived about 15 years, during which time he has raised a family including these three boys, who, on their return, accompanied by their father, called at the offices of the newspapers and their picture was taken and the account of their walking published throughout the German Empire. They were also taken to the Department of War, where the Chief Physician critically examined them and pronounced their flesh firm, their health sound, their complexion good and declaring himself perfectly satisfied with their appearance, and that they would make excellent dragoons for His Majesty, the Emperor.

We understand Dr. Keidel intends soon to come again to this country and with his boys will walk to the principal cities between New York, Philadelphia and San Francisco, where they expect to embark for Honolulu, with the view of establishing there a Sanitarium of "Natural Cure." We hope to see them in Philadelphia in the summer of 1899.

Dr. Keidel is quite musical as well as a fluent and humorous speaker, and will enliven his public addresses with appropriate songs, and with his boys, will form an entertaining quartette.

THE URIC ACID CONTROVERSY.

A paragraph published by an obscure local newspaper in England, but without giving authority, has been copied into many papers and periodicals in both England and this country, referring to a permission being granted to the Dominican Order by the Church of Rome to eat flesh-meat (uric acid food) four times a week. It proclaimed this

permission as a "secession from Vegetarianism." *The Vegetarian*, London, says the explanation is that "the Dominicans are not and never have been Vegetarians." It is well-known that the Roman Catholic Church maintains its popularity among its supporters by concessions to popular taste and indulgences, a peculiarity, however, not by any means confined to that Church.

And now the *Public Health Journal*, of New York, has published this paragraph in apparent innocence of its origin or lack of authority and candor. The same paper also publishes with apparent approval, an article entitled "Dietary Faddists," attacking the Ralston Club for its advocacy of a fruit and nut diet, claiming that "It has evolved a theory which is truly ponderous in the way in which it tramples down the joys of the table." It exults over the assertion that the raven lives to be 100 years old, and that he lives on carrion. But says nothing of the age of the elephant that not only commonly exceeds 100 years, but has been known to live, even "in domestication, almost 200 years." (*Standard American Encyclopedia*.) *The Public Health Journal* predicts great physical evils from a fruit diet, but carefully excludes allusion to the fact that nut and cereal foods are taking the place of the uric-acid diet it prescribes for acid dyspeptics.

We humbly suggest that the writer in the *Public Health Journal* read Dr. Haig's *Diet and Food in Relation to Strength and Power of Endurance*, and also Dr. Haig's more extensive work on *Uric Acid as a Factor in the Causation of Disease*. (London, Churchill.) By these books he will see that the most advanced medical practitioner, not a "faddist," of the regular school of medicine condemns strongly a flesh diet as one of the chief factors in promoting the diseases now so alarmingly prevalent.

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THE LORD'S FARM DIETARY.

The mode of living at Lord's Farm, N. J., is strictly Vegetarian, eating no meat, nor using any animal products such as milk, butter, lard and eggs. The food they eat does not differ materially from the food of other farmers, with the exception of the elimination of flesh and animal products. The breakfast to-day might be oatmeal, fried potatoes, bread made from whole-wheat flour, and apple sauce. To-morrow it might be corn meal instead of oatmeal, otherwise it is the same. The dinner to-day might be baked beans, boiled potatoes, bread, and stewed pears. To-morrow it might be a stew consisting of potatoes, onions, parsnips, and carrots; bread and apple sauce. Supper is usually the same as dinner with the addition of some plain molasses cookies once a week. Other days we may have soup, rye meal porridge, entire wheat porridge, rice, sweet potatoes, peas, tomatoes, cabbage, turnips, celery, apple cake, brown betty, stewed plums, etc. at the different meals. We do not have much of a variety at one meal, but what we do have is extremely plain, simple, and in abundance.—Chauncey Roe, Woodcliff, N. J.

GOOD HEALTH THE RESULT.

I have lived a Vegetarian life a little over five years. And during these five years I have enjoyed good health, while before I was troubled with a disordered stomach and had to use medicines of various kinds. Now I abhor both medicine and animal diet, and am filled with remorse and regret for the cruelties inflicted upon, and the lives I have taken from the animal creation, before my eyes were opened to this gross wrong committed upon our fellow creatures. What right have we to overpower the poor innocent creatures and take

their lives and devour their carcasses? None whatever, it is only a case of might makes right. I have been a reader of FOOD, HOME & GARDEN for nearly five years and have received much good food for the brain from its columns. It should be in every family because it brings light to all who are groping in ignorance and darkness. May angel hosts hover over all the workers for it and the cause of Vegetarianism; and may they ever bring to us more light, wisdom and knowledge is my prayer.—R. T. Hendricks, Box 2, Douglasville, Ga.

DEATH OF COL. WARING.

Immunity, now so often mentioned, can be secured on moderate terms by dietetic reformers, who otherwise live hygienically. The lamented decease of Colonel Waring by black vomit no doubt was due to his susceptibility to militant conditions within his physique (a full habit and advanced years) while officially engaged in investigating Havana. He went thither unprepared to resist an untoward combination of circumstances aggravated by recent events, altho' the rainy and most trying season was past. Had he been in a positive bodily state, viz.: fortified by normal blood, strong nerves, wiry tissue, he would not have been affected. Clean blood, healthy tissue, firm pulp (flesh); a temperature not subject to very notable variation, he would have been immune and have helped to realize the redemption of Havana from being a hotbed of yellow fever, typhoid fever &c.

When exterior jeopardy is closely related to similar interior states of organs essential to health and vigor, death readily results. Had he known and practised preventive measures suitable for a temperate zone, he might easily have added specific ones, and so been insured.—R. Hecker, Philadelphia, Nov. 1, 1898.

FOOD HOME AND GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

TO SUBSCRIBERS.

Many subscriptions expire with this number. Our friends will please renew promptly and avoid loss of a number.

The address of Dr. John E. Keidel is Steglitz, near Berlin, Prussia. He desires to hear from his American friends.

Please to remember in making your list of presents that FOOD, HOME AND GARDEN for a year is the best present you can get for 25 cents—four for \$1.00.

The New York Vegetarian Society has resumed its monthly meetings at 98 Fifth avenue, corner of 15th street. Its last meeting was held Tuesday, November 22.

The Bagster Bible, either the illustrated or teachers' editions, is admirably adapted for Christmas or New Year's presents. See advertisement for our special premium offer.

One of the most humorous and the most favorable to reformed diet of our food contemporaries is *What to Eat*, published by Pierce & Pierce, Minneapolis and Chicago, \$1.00 a year. It is ably edited and charmingly illustrated.

A very interesting address was delivered by Mr. Henry Doolittle at the meeting of the Vegetarian Society of Philadelphia, at 1023 Foulkrod street, on Wednesday evening, November 16, 1898. Mr. Doolittle had visited Tennessee and North Carolina.

He described the former as especially noted for the growth of an excellent quality of wheat. That the apples grown on the hill-sides were very fine and apparently free from insects. Remarks were also made by Revs. A. T. de Learsy and H. S. Clubb.

The value of atmospheric fertilization is becoming more and more apparent. The supposed necessity of keeping animals to transform good food like corn into manure, is discovered to be an error similar to the beef tea delusion and the flesh-eating fallacy.

We have received the card of "The Vegetarian," the only Hygienic Cafe' in Detroit, 23 Wilcox street, Stanley B. Huber, manager. It appears to keep all the Sanitarium Health Foods made at Battle Creek, and we have no doubt it will be a success.

The transformation of nitrogen from a free to a fixed condition is referred to as already accomplished by Sir Arthur Cotton by intensive agriculture. (See page 174.) This, if true, is accomplishing by a winter fallow, what has usually required a whole summer clover cropping and plowing in in the fall.

A friend in Andover, Mass., desires us to send FOOD, HOME AND GARDEN to each of the 150 negro colleges. Will our benevolent friends donate the amount necessary to do this for a year? The cost is about \$37.50. The susceptible race would be greatly benefitted by such an arrangement.

The *Public Health Journal* says: "the eminent surgeon closed up his pocket book with a snap on the \$100 fee he had received for an operation for appendicitis. 'Tell me the *appendix vermiformis* is a use-

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less organ, will you?' he soliloquized." We feel that this sentiment is quite prevalent and is one reason why real health movements are opposed by the profession. They are detrimental to professional interests.

Since we started FOOD, HOME AND GARDEN, numerous magazines have been commenced on the subject of food. Some have succeeded admirably, among which we are glad to mention *Table Talk*, Philadelphia, beautifully printed and full of valuable information, menus, recipes, etc., \$1.00 a year.

The *Public Health Journal* takes sides somewhat hostile to the Vegetarian cause, while the London *Lancet* and Dr. Haig are valiently combatting the use of uric acid food as the chief cause of disease. We charitably attribute the *Journal's* hostility to want of information and have referred the writer to Dr. Haig's works.

The English Vegetarian publications are well filled with the proceedings of the annual meetings of the Vegetarian Society, the Vegetarian Federal Union and the Order of the Golden Age. Glad to see them all prospering. If not so crowded with our own matter we would gladly reproduce some of their valuable papers.

No wonder our soldiers came home sick. These are the articles placed first on the list of relief supplies furnished by the Associate Society of the Red Cross of Philadelphia from their card soliciting donations: Salt pork, corned beef in barrel, codfish, hard cured, mackerel in kits, smoked beef and hams, bacon, canned salmon, smoked sausage.

"Intensive agriculture" in England and the experience of a German emigrant (see page 174) both point to the value of expos-

ing the soil to the action of frost to as great a depth as possible. This experience will probably lead our plow-makers to invent a long-pointed plow with a hump that would run under soil frozen 4 to 6 inches deep, so as to break up the crust and further expose the soil to the action of frost.

Mrs. Ada M. Morley, the friend and hostess of Schlatter believes Schlatter is in the jungles of South America or the mountains of Mexico "communing with the Eternal." She says the man who pretends to be Schlatter is an impostor. She believes Schlatter will come again from his seclusion with increased healing power, and says she will not give up this belief till the last moment of 1900 A. D.

THE "NOSEGAY BRAND."

A large number of American hams of the "Nosegay Brand" have been condemned in England as unfit for human food. They were rotten and had an intolerably bad smell.

COLONIZING.

Our good brother Savory gives us, in this number, a sketch of his views on colonizing. He believes that Vegetarians should unite in one of the two successful Social Colonies: either at Ruskin or at Edison, before embarking in a purely Vegetarian Colony. His eye is on Edison and he wants other Vegetarians to go there with him. No doubt experience gained in those colonies would be very valuable and his belief that Vegetarians would exercise a good influence in those colonies is a very good reason for uniting with them, but the importance of colonizing so as to have the sanitary and moral as well as spiritual advantages of Vegetarianism practically set forth is also of great importance, not merely for the Vegetarian colonists themselves but for the good the example would do to others in proving results.

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CO-OPERATIVE COLONIES.

BY REV. GEO. W. SAVORY.

Can we have one? Or would it be better to graft ourselves upon some colony already in operation? It is my opinion that Vegetarianism is hardly a basis for co-operation.

What then is a basis for colonization? As it is probable there cannot be perfect uniformity upon any one of the higher ideals, let the basis be one of co-operation in becoming our own employers, escaping the uncertainty and slavery of hirelings. This is sufficient as a platform for the broadest friendship and highest success in things temporal, moral, intellectual, spiritual. For we start out then with the virtual pledge that each shall be protected in his rights on all the higher planes of thought.

"If meat make my brother to offend, I will eat no more meat while the world standeth." But can I turn that noble principle into dust and say; "My brother's meat offends me, therefore he shall eat no more while the world standeth?" No, let him eat "hog and hominy" while I eat cream and hominy, while the man more advanced than either of us eats orange juice and hominy. If any of us are offensively coarse or boastful of our pet dish, we hurt ourselves more than any observer, and if we are polite enough and pleasant enough and sympathetic enough toward the hog-loving man and toward his opinions and grovelling appetite, remembering the pit whence we ourselves were dug, we may win him to the higher plane.

"Equality Colony," Edison, Wash., has about 300 members on the ground, with 3000 more backing the enterprise by contributions and regular assessments, many of them looking forward to a home at the colony later. It costs \$160 cash to join this colony and six month's probation is required. It owns over 600 acres of land,

considerable machinery and stock, ample timber, a sloop on Puget Sound, etc.,—all paid for—and publishes a weekly periodical called *Industrial Freedom*, which will describe their life to any interested.

"Ruskin Co-operative Association," Ruskin, Tenn., is older, larger, richer, but I think less intellectual and spiritual, and charges \$500 membership fee. *The Coming Nation* is their paper, ably edited and generously assisting for many months in the start of "Equality Colony."

These colonies are on the co-operative basis and having within them the true progressive spirit, with the example of Vegetarians among them, may ultimately adopt the higher and purer life of Vegetarian practice as specially conducive to the degree of civilization and refinement their organization was intended to develop.

A GOOD PLACE TO BOARD.

Writing under date of Santa Barbara, Cal., October 30, 1898, Prof. D. Gregorson thus describes his facilities for providing good Vegetarian fare:

"We would be glad to have such a hearty Vegetarian as you are for a boarder. With the abundance of the vegetable kingdom, it is easy to prepare something toothsome. At present we are having fresh beets and carrots and lettuce from our own garden. And a few spikes of asparagus. And on the way to town, I usually manage to pick up a handful of mushrooms. The question is not what to eat when deprived of animal products, but how to enjoy the abundance we have, and use it to the best advantage. Hoping you may long continue in health and vigor for the continuance of the good work."

Should we ever secure the leisure to visit California, we would gladly become one of the privileged boarders of Professor and Mrs. Gregorson. Some of our friends who have visited them speak very highly of them. See advertisement.

HOME DEPARTMENT

CHRISTMAS DINNER.

Vegetable Stew.	Cream of Celery.	Saratogo Chips.
Tomato and Vermicelli.	Baked Sweet Potatoes.	
Almond Sandwiches.	Olives.	Pepper Sauce.
Graham Bread.	Whole Wheat Bread.	
Plum Pudding.	Mince Pie.	Lemon Pie.
Ice Cream.	Assorted Cakes.	
Oranges.	California Grapes.	Nuts.
Cereal Coffee.	Chocolate.	

RECIPES.

Recipes for Mince Pie, Plum Pudding and Lemon Pie, in the above menu, can be found in the "American Vegetarian Cookery."

From Rev. Isaac B. Rumford.

To Dry Olives.—Dry in the sun on trays with lath bottoms. When dry soak them two or three days in brine until salt enough, then re-dry and put away in a dry place in sacks. If they become too dry they are readily soaked as wanted.

From Mrs. David Gregorson, Santa Barbara, Cal.

Vegetable Stew.—4 cups of water, 1 teaspoonful of salt, 3 bay leaves, 1 onion, 3 carrots, $\frac{1}{2}$ cup of string beans, $\frac{1}{2}$ doz lettuce leaves, 2 or 3 tart apples, or tomatoes, $\frac{1}{2}$ cup of vermicelli, or 1 cup of green corn, or the same quantity of summer squash. Put the water on in the stew pan an hour and a half before dinner time. Put in the salt, then the bay leaves, then the onion sliced fine, then the carrots also sliced fine, then the lettuce cut up, then the apples pared, cored and chopped, a half hour before dinner time, then the vermicelli last, or sago sometimes. This stew or soup may be varied according to the vegetables one has. It is good with tomatoes instead of apples.

From Wm. C. Ferris, 1130 N. Kedzie Ave, Chicago.

I had the pleasure of eating pickles made by Mrs. V. P. Smith of Chicago and can conscientiously recommend them as perfect-

ly harmless and delightfully acid. They were made from Vegetarian vinegar made from fruit in the following manner.

Vegetarian Vinegar.—Take the skins of fruit from which jelly has been made or which have been used in cooking: grape skins, apple parings, peach skins; any fruit skins will serve the purpose: Soak the skins in water and strain through a cloth. Add a small quantity of sweetened water and set in a jar to ferment: when fermentation is complete a fine quality of vinegar is ready for use. The pickles made from such vinegar can be eaten without injury and they will keep indefinitely.

Veg. Vinegar Pickle.—Boil the vinegar and pour it hot on the cucumbers. Let it stand 24 hours then pour it off and heat it again: after heating pour over the pickles in a stone crock and let them stand until ready for use. One of these pickles can be eaten as readily as green sliced cucumbers and the flavor is fine.

Vegetarian Coffee.—Take 8 cups of wheat bran. Mix with 4 cups of corn meal. Saturate thoroughly with New Orleans molasses and roast in a hot oven for two hours until it is crisp. Put 1 heaping tablespoonful to every 3 cups of water and boil for 10 minutes: Serve with sugar and cream. This coffee costs far less than any that can be bought and is perfectly healthful and nourishing. Ten cups cost about two cents.

ECONOMY IN USING V. S. MILL.

By using a Vegetarian Mill to grind wheat and corn the cost of living can be reduced to a minimum and the gain in health will repay for the trouble of using it many times over.—Wm. C. Ferris.

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FRUIT AS MEDICINE.

A medical writer says: "As a medicine I look upon fruit as a most valuable ally. When the body is in that breaking-up condition known as scurvy, the whole medical profession look upon fruit and fresh vegetables as the one and only known remedy. Impure blood means gout, rheumatism, skin diseases, rickets, and other troubles. As it is proved that fruit will purify and improve the quality of the blood, it must follow that fruit is both food and medicine combined. In fevers I use grapes and strawberries, giving them to my patients in small but frequent doses—oranges and baked apples if the others are not obtainable. For rheumatism plenty of lemons are invaluable. White girls with miserable, pallid complexions want strawberries; where these are not obtainable, bananas, which contain much iron, are a good substitute. Probably of all fruits, the apple stands unrivalled for general purposes in the household; either raw or cooked it can be taken by nearly everybody, and it contains similar properties to the most delicate fruits. To my mind the pear is more easily digested than the apple, and for eating uncooked is superior to it. Dried fruit should be used when green cannot be obtained. If soaked for a few hours before cooking, it makes a capital substitute for fresh fruit, and comes cheaper to the consumer."—*N. W. Horticulturist*.

VEG. SOCIETY MILL IN ENGLAND.

We sent to Mr. J. O. Quinton, Red Hill Surrey, Eng. a No. 2 Veg. S'y Mill and directions for using it in the production of nut foods. Under date of Red Hill, Oct. 22, the following letter has been received:

"Dear Sir,—The mill etc. have reached me safely and I am so pleased with all: the mill makes splendid butter of the long peanuts, baked as you suggested. The mill

exceeds my expectations as regards simplicity, ease in working and thoroughness in grinding etc. It was too late for the Congress Exhibition, but hope to get it shown at Xmas festival. I fully believe that a free use of nuts will be one of the chief factors in making Vegetarianism in the future more attainable than it has been in the past, and that the nuts can be made generally useable by means of this mill.

"I can still do 40 & 50 mile walks without fatigue on a fruit and nut diet, but could not do this on a vegetable diet.—J. O. Quinton."

A HAPPY HOME.

I remain the same good friend I have always been, just as happy and thankful about FOOD, HOME & GARDEN, and remembering that I owe so much of my freedom and happiness to it: happiness consisting of the knowledge of the progress Vegetarianism is making in the world, and the freedom consisting in my emancipation from the habit of eating eggs, butter, cheese, and milk, which are animal products, and I feel so free and happy about it; for I am just as strong without them, and I am sure my health is improving.

We have been wishing to do good by starting a restaurant in Santa Barbara. I have faith that better times are surely coming.

We had three inches of rain two week ago, which makes our country green and beautiful again. I feel that Life is a blessing. We are doing all we can to bring on the time when all people may feel as free and happy as we are.—Mary Gregorson, Box 239, Santa Barbara, Cal.

HYGIENIC INSOLES.

We have received a sample of Westrup's Hygienic Insoles made of non-conducting, inorganic substance. They are very cheap being only 6cts. a pair by mail.

December,

THE GARDEN



QUICK-GROWING MAIZE.

Cocopah maize is a very superior sort of corn. It is obtainable only from southern Arizona, especially from Yuma county. In five weeks from planting sizeable roasting ears are had. Such corn shelled might be profitably shipped to northern regions and made into hominy or samp, or parched and ground for mush. This corn commands a higher price in Arizona than any other grown there.—R. Hecker.

DOMESTIC BEET SUGAR.

I wish to recall an incident that happened during the pioneer days of Klickitat, when, it is said an early settler made the necessary supply of sugar for his large family every fall from the beet root by means of an ordinary brass kettle. Much of the soil of Klickitat is well adapted for the culture of sugar beets. The cool summer nights and frequent showers make the climatic condition for the beet most desirable.—Lydia E. Chaney.

PEANUT CULTURE.

The *Southern Magazine* has done good service by publishing details in the culture of Peanuts in Tennessee. Four million bushels are used in this country. This is in excess of our home production. The demand is much greater than the supply as is shown by large importations from Spain. Most of the nuts used at Battle Creek, we understand, are imported from Europe, and we have millions of acres adapted to the culture which can be had for \$3.00 or less per acre and many people in our cities are out of employment. We would republish the instructions if we thought it would promote the culture. Let us hear from any who desire to grow peanuts.

The *Inter Ocean* says: "The haulm or vine, when carefully harvested, before it has been injured by frost, is an excellent food for cattle and sheep. Horses are exceedingly fond of it, but the amount of dirt which necessarily adheres to it is apt to produce a disagreeable cough. The red peanut makes better hay than the white, because it grows erect, and is, therefore, freer from dirt. Usually about one ton is saved per acre, though upon strong land, where the vines grow luxuriantly, two or more tons have been saved. Many practical farmers prefer this hay to clover hay."

FRUIT EVEN IN N. ALASKA.

Vegetarians may find away off in Northern Alaska something in their line of edibles. Recent explorers of the region of the Noatak river saw many wild berries suitable for food, especially currants. These, properly saved and put up, would with yellow cornmeal and oatmeal provision residents or sojourners in that otherwise unattractive country. The omnivorous bear even, relishes berries. The stores furnished by nature are various and ample, tho' far apart.—R. Hecker.

BEET CROPS PROFITABLE.

The farmers can obtain as much profit from twenty acres as they can from 160 acres of wheat at 50 cts. per bushel. At the present time the largest factory in the world with its own refinery is now being completed at Salinas, Cal. This factory which is being erected by Claus Spreckles will, with its warehouses and main buildings, cover 514 acres. The largest buildings will be 580 ft. in length and 106 ft wide and six stories high. It has a crushing capacity of 3,000 tons daily.—L. E. C.

FOOD HOME & GARDEN

FROST HELPS TILLAGE.

Freezing weather approaching, it may be timely to state the experience of an industrious German emigrant.

He had owned a kitchen garden located in a wintry locality. After the ground became pretty deeply frozen, he drove in strong hardwood wedges (iron hooped on the top) 18 inches or more: so as to pry and raise heavy cakes or lumps. These he stacked like muskets or let the surface lie in the rough. Snow, ice, later cold rains caused said cakes to break up, and thus the soil was mellowed, and fertilized by the atmosphere. In Spring he was considerably ahead of other cultivators. The soil was just leveled, topdressed and ready for planting, materially earlier. Grubs, caterpillars &c. also weeds had been destroyed by the cold, physical and chemical action. The substratum also had been acted upon beneficially. Drought thus cannot injure, and taproots reach deeply. No fingers and toes thereon.

In southern climes these compensating processes are not practicable. The texture of the soil there may not be so positively affected. The condition of fineness does not there obtain to the same degree with soil of great body; the root development not so much facilitated, because the seed bed is not so friable and deep. Soil temperature is an essential factor in the prosperity of crops.—R. Hecker.

CULTURE VS. GRAZING.

A piece of land used for growing food-stuffs, employing eleven men, if transformed into a grazing farm employs only one. Mr. Samuel Saunders, of Market Lavington, provided excellent proof of this assertion. His farm was fourteen acres in extent, but every bit was well used, and perfectly cultivated. Upon this land he found employment all the year round

for five men and a boy, three improvers, two helpers in his house; in summer a number of women, fruit-picking. For each acre of land he paid between £20 and £30 a year for labor. A large grazing farmer near him paid thirteen shillings a year an acre for labor, and failed to make his farm pay. Dietetic reform, which the society exists to promote, from that standpoint assumed a national importance.—Albert Broadbent.

FEIJOA SELLOWIANA.

This is a plant indigenous in La Plata, S. A. Fruit: oblong, eggshaped being 4 to 6 centimeters long and 3 to 5 centimeters wide, (about the size of a small hen's egg,) retaining its color even in its ripest condition. The fruit is firm, white and sweet; containing much juice and giving off an exceedingly agreeable and penetrating odor. Flavor similar to that of the pineapple. It is reported by Andre' in the *Revue Horticole* as a new fruit tree.

"INTENSIVE AGRICULTURE."

The *Manchester City News* reports Albert Broadbent as saying at the 51st Anniversary of the Vegetarian Society: "Sir William Crookes believed it was still a problem how to transform nitrogen from the free to the fixed state, but Sir Arthur Cotton thought he had long solved it by what he called 'intensive agriculture.' By digging up the good soil with the spade, turning up a little of the sub-soil each year, until a depth of three feet are reached, and heaping the soil up in trenches through the winter, the nitrogen was fixed in the soil, and good crops resulted. By Sir Arthur Cotton's method of sowing the seeds by hand a square foot apart the plant grew a stem of straw eight ft. high, with a thousand grains to each head. An acre of land used for growing beef and mutton produced only half a pound of food a day.

APPLE BLOSSOM

APPLE BLOSSOMS IN CLOVER.

CHAPTER II.

LITTLE Ivaline, with some other children, was invited to a birthday dinner. Nothing whatever was said to her about what she should eat or decline. She had some tiny yellow chickens at home, of which she was very fond. One of them she called "Fluffy." When the dinner was served, she was helped to a bountiful plate of chicken pie. On hearing what it was, she seemed startled and confused. After hesitating for a few moments, and making a brave effort to keep back her tears, she decided to eat nothing, and pushing back

wonderfully changed for the better under a rational diet. Robert is now four years old and is an unusually original and lovable child. On one occasion he had heard his father and mother talking of Dr. Tanner's fast. The next day he announced that he did not care for any dinner—"only just all the water I want to drink." He resolved to fast and proposed to do it.

At another time he and Terisita were playing, and each wished to teach the other gymnastics. Robert, who is generally the dominant spirit, said, "No, Terisita, I teach you. Now! hips firm, neck firm," suiting the action to the words; "position, feet place," repeating the same when Terisita demurred, and wished to be teacher herself.

Terisita is a dear little native child from sunny Mexico. When asked by Hattie, "What makes Robert's hand white and yours dark?" she answered, "God painted mine brown."

Cecil gave as her reason for not eating meat, that God did not give it to Adam when he made out Adam's bill of fare. The children all delight in singing a Vegetarian song composed by a member of the family. The following are two stanzas:—

"You may talk of mutton-chop,
You may say it is tip-top
For a man who really wants to live both well and strong
But you're much behind the time,
And I'll show you in this rhyme,
For there's better food than flesh to make one well and strong.

"It was God's appointed plan,
Given long ago to man,
That no creature of another creature's flesh should eat,
That all alike should dine,
On the fruits of tree and vine.
And the toothsome grains which Heaven has given man to eat."

Many incidents might be told about this one family, for they are not being educated according to a conventional plan, and have every opportunity to develop individual talents. Among other enterprises they conduct a complete printing-office and publish a paper called the *Cricket*. We quote from it an account of a Vegetarian



ORA.

EVA.

her plate, sat in silence throughout the meal. On the way home she confided to her mother that she didn't want to eat any little "Fluffies" made into pie.

Several adopted children are included in this physician's family. The two little boys, Robert and Paul, were meat eaters when they were taken, and although so very young, Robert being only sixteen months old, they were extremely irritable and ill-tempered. Their dispositions have

FOOD HOME AND GARDEN

dinner prepared by the girls. The account was written, edited and printed by the children, who also arranged the menu for the dinner:

HOW SOME VEGETARIAN GIRLS COOKED A VEGETARIAN DINNER.

"These girls were brought up Vegetarians. There were five of them, ranging from thirteen to sixteen years. As their parents believe in an all-round education, they had been given instructions in the various branches of house-keeping as well as in books. They had long taken turns at preparing the family meals, so although their mother was absent from home and there was no older person to assist them, when it was desired to invite some friends to dinner, they volunteered to undertake its preparation and serving. The people to be entertained, together with the usual family, numbered nearly fifty persons. The dinner was strictly Vegetarian, and was prepared without the use of eggs, milk, cream or butter. They tried to make their bill of fare one that would contain a proper amount of all the food elements."

Eva and Ora are also the daughters of a physician, in fact, of two physicians, for both father and mother are practitioners. The children have always lived on a strictly Vegetarian diet. Eva is twelve years old and Ora ten, and each weighs about ninety pounds. Neither has ever been sick, although Eva has had the measles, and both were supposed to have had the whooping-cough and chicken-pox. During the visit of the whooping-cough, when a paroxysm came on, the children would drop their playthings, sit down in their little chairs, and go through the required exercise with all patience and thoroughness, then they would run back to their play.

"A strictly Vegetarian diet" in their case means dry grains and hard breads, fruits and nut products. They never eat butter, eggs, cream or milk, condiments or stimulants. The photograph can not show their rosy cheeks, but it does express the happy, earnest spirit that animates their minds. They are very helpful little girls at home,

and although they have been systematically studying books only two years, they easily keep pace with other children of their age.

Mildred is the daughter of a business man, and has not always been a Vegetarian. But since the adoption of hygienic principles by her parents, several years ago, she has steadily improved in health and vigor. Like all the children who have learned the difference, she very much prefers a Vegetarian fare.

The young girl next to the twins, eighteen years of age, is a stranger to the writer, but she has an exceptional record. She has never tasted meat or flesh of any sort whatever, nor lard, butter, pepper or soda. She has eaten very little white-bread, salt,



THE TWINS

corn-starch, sugar, extracts, or candy, and no spices, tea, berry-coffee, vinegar or baking-powder. She has never taken drugs, and has never been sick. Faces speak louder than words to show the spiritual effect of a pure physical life.

Most of the boys and girls thus far mentioned live in a town where Vegetarianism is popular, but Florence lives in New York State, in a city where she never hears of hygiene outside her own family. Her father is a physician and both her parents have been Vegetarians for many years.

To be concluded in our next issue.



Henry S. Clubb



Specimen of Mrs. Hutchins' Pen Drawing.

Receiving a card with the above executed in very fine pen drawing, we almost dis-
 paired of being able to reproduce it for our
 readers, such was the delicate character of
 the work, till we thought of our friend
 Emil Hensler, and knowing the interest he
 takes in Vegetarian propaganda and his
 ability as an engraver, we sent him the card
 and he has even exceeded our expectations
 in producing an etching with the beauty of
 the original wonderfully preserved. For
 this etching we feel sure all our readers will
 thank him, as in no other way could we

give them an idea of the fine artistic char-
 acter of this production. It tells as nothing
 else can, of the steady nerve which can be
 preserved into the eighties when living on
 pure unstimulating food and drink, even in
 a lady who has done her full share in con-
 tributing healthy robust children to the
 population of her country. That we, in
 our seventies, can read the central micro-
 scopic writing on the original card without
 glasses to assist, may be regarded as another
 fact in evidence.

FOOD, HOME AND GARDEN.

VOL. III, NEW SERIES, NO. 24.

JANUARY, 1899.

WHOLE NUMBER 97.

MR. AND MRS. WARREN HUTCHINS.

THE beautiful specimen of pen-drawing, of which we present a fac-simile, was sent us on November 20, 1898, accompanied by a letter written by Mr. Warren Hutchins, from which we learn that Mr. and Mrs. Hutchins "have lived since 1846 mostly on a farinaceous, fruit and vegetable diet, and are truly glad that the subject is coming to the front among thoughtful people," as they learned through a copy of *FOOD, HOME AND GARDEN* sent them at the instigation of Mr. Rudolph Hecker, of this city.

This venerable couple have had "a family of nine children, including twins and triplets. Eight of them grew up to manhood and womanhood; one of the triplets died at the age of 18 days through the indiscretion of the nurse." That they "never employed a doctor for their whole family of children more than three or four times." Mrs. Hutchins began teaching in 1834, at the age of seventeen, and has taught at frequent intervals ever since: two years in Boston in 1860-61-62: in Buffalo in 1864-65; was a drawing teacher four years in Cincinnati schools at \$800 a year until 1876 at \$90 a month. In all this long period up to to-day she never lost a day by sickness, while she has not employed a doctor for disease. She always dressed loosely, slept in pure air, was always hopeful and drove out in all kinds of weather."

"Mrs. Hutchins uses ordinary spectacles in doing her microscopic writing. She

drew a prize at the Crystal Palace in New-York in 1853, and at the Mechanics' Fair in Boston, in 1862. In 1856, she made a beautiful pen picture of Fremont and drew a premium of \$6.00 at a State Fair."

"One of the triplets, Adella, is a teacher in Detroit, and Adelbert, her triplet brother, is a skilful electrician and electrical contractor" at 973 Thirteenth Street, Detroit, Mich., from whence Mr. Warren Hutchins dates his letter, in which he also favors us with the following particulars in regard to himself.

In 1870, near Cincinnati, his oldest son broke out with small pox. The father took care of him till he recovered. He only had a doctor to see him once. Four years after this son graduated from the Cincinnati High School with honors.

Mr. Hutchins began teaching in 1838 and has taught in six states. He has carried on a farm in Vermont, in New York, in Missouri and in Michigan. He now reads and writes without spectacles and was eighty-two years old last month (December). He writes: "I believe that science will ultimately triumph over bigotry and ignorance, and that the great law of evolution will yet be understood and obeyed."

In 1847 or 48, Mrs. Hutchins visited Northampton, Mass., from Bethel, Vt., and called on Dr. Sylvester Graham. He told her how to make Graham Porridge for her children. This, with other hygienic practices, prevented the children from having

FOOD HOME AND GARDEN

summer complaint. When it became publicly known that they eschewed flesh-meat and bathed their children regularly and kept them on a simple diet, a mob came from the neighboring hill one dark Thanksgiving night, pelted their barn with stones and hooted "pork," "cold water," etc., which they considered complimentary in consideration of the fact that Garrison had, in 1835, been rushed to jail by the Mayor of Boston to save him from the fury of "an intelligent and respectable mob," and thereby saved his life.

The next summer, four or five of these men, a gang of roughs, came to cut and bind four or five acres of very stout rye on Mr. Hutchins' farm. Mr. Hutchins worked with them and "tuckered out" a tall six-footer who was assisting him in cradling the grain, the others doing the binding. The six-footer begged Mr. Hutchins to stop so as to give him a chance to rest, but Mr. Hutchins continued cradling and finished the job in five hours, from one to six o'clock p. m. He never heard anything more of his being weak from living on Vegetarian food. The men who assisted had a gallon of New England rum "to strengthen them and keep out the heat." Mr. Hutchins has not taken a glass of intoxicants since 1837, and never used tobacco or any drink but water.

In 1885, Mr. Hutchins was knocked down by a descending elevator at Grand Rapids, Mich., and it rested on his back until pried up. It was estimated to weigh 1500 pounds. He believed "if he had not lived a temperate life, all the doctors in Grand Rapids could not have saved his life." The injury to the spinal cord still affects his hands and feet and renders his writing somewhat difficult to read. Other Mr. Hutchins enjoys excellent health.

THE ANATOMY OF MAN.

BY PROF. LEO WEINER, of Harvard Univ.

Looking at Vegetarianism in the light of comparative anatomy it is self-evident that man was designed to be a Vegetarian and nothing else. Quadrupeds are divided into classes according to their foods, and with the single exception of man, no animal as a class has ever varied from the design of nature.

These classes are the carnivorous or flesh-eating, the fruit-eating, the grass-eating and the omnivorous. Each of these classes has distinctive organs adaptable to the digestion of the kind of food it eats and to no other kinds.

Man has artificially become an omnivorous animal in spite of the fact that anatomically he is a fruit-eating animal. It is an amusing and significant fact that the only typical omnivorous animal is the pig. Man is trying hard to be a pig.

The carnivorous animals all have very short intestines, adapted only to the digestion of meat. They have only one stomach and could not digest grass as the cow does. Their teeth are all long and sharp, so that they can tear meat, but they have no flat-topped teeth to grind vegetable foods as man has.

It has been said that the so-called "canine" teeth of man are like those of the carnivorous animal, and that this is an indication that man in an omnivorous animal. This is not correct. These are not canine teeth, strictly speaking. To be sure, they are somewhat pointed, but they are flat also—flat and pointed, and not round and pointed, like those of the carnivorous animals.

The grass-eating animals have several stomachs—from two to five—and very long intestines, especially adapted to the digestion of grass. They have also flat-topped teeth for grinding.

The fruit-eating animals are the only ones that resemble man. They have only one stomach and a medium length alimentary canal, halfway between that of the carnivorous and the grass-eating classes. The nearest animal to man is the monkey and the ape. They are fruit-eaters.

No meat-eating animal in the world has

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the horizontal movement of the lower jaw in eating as man has. This is proof positive that man is not a meat-eater, according to the design of nature. These arguments on the physical side of the question prove primarily that man is not physically adapted to the eating of meat.

From an economic standpoint it can easily be seen that man must sooner or later become a Vegetarian. This is merely a question of time and a matter of room. The increase of civilization and of population gradually must do away with cattle-raising because of the absolute demand for land for cultivation. In time, the demand for room will kill the industry entirely.

When we eat meat we are eating the product of the earth at second-hand. The vegetation has been eaten by the animal, and a large part of it converted into bone and tendon and wasted, and we eat only what is left and made into flesh.

To reduce the economic problem to figures: One acre of land which would furnish enough flesh to support one man would furnish enough grain to support ten men. Thus you see when the increased population causes an increased demand for food and for land on which to raise foods, it will become necessary to raise that which is the most economic, in other words, that which will produce the most per acre.

The hygienic argument you can obtain from any reputable physician, who will tell you that meat-eating is heating to the blood, that it is especially a stimulant rather than a food, and that there is great danger of the transmission of various serious diseases from animal to man.

Meat-eating in the ideal stage is bad enough. If the animals that we eat were in all the health with which nature endows them, roaming wild and free over the open fields, with plenty of exercise, and permitted to choose of their own free will from the best of the various vegetable growths for their food, that would be one thing. But as civilization has advanced, cattle are raised for the sole purpose of slaughter. They get little or no exercise.

Any veterinary surgeon will tell you that animals kept without exercise will contract

and propagate various diseases which are practically unknown to them in their wild state. They are artificially fattened, and this kind of fat is not the sort of material which we should put into our bodies.

But it is the appalling character of the disease in meat which frightens us. Tuberculosis, one of the most common and fatal of diseases among cattle, causes great destruction of human life by consumption. A recent alarming spread of leprosy in Norway, Hawaii, and the other fish-eating countries is traced directly by scientists to the eating of fish. In this case, to be sure, it is thought that the eating of the fish raw, instead of cooked, is what brings on leprosy, but the simple fact that the germs are there at all is sufficient.

CO-OPERATIVE COLONIZATION.

Mr. Dey M. Hough sends us documents explaining his plan for colonizing the cheap lands of Southern States. It is on a co-operative basis. The proposal is to make day's labor the source of credit to each member, and all service is to be reckoned by the time occupied in rendering it. A man whose time is worth \$10 a day gets no more credit than one whose time is worth fifty cents a day. But all are to share alike in home comforts, etc. All the land is to be held by trustees and not to be sold except by vote of four-fifths of the shares, giving a small minority the veto power. No co-operator is to engage in occupation of personal profit, all his working time to be given to the Association. But the prospectus promises that for 58 hours a week labor a co-operator will, in two years, earn more comforts, luxuries and pleasures than are ordinarily obtained from \$50 a week in a city. This seems incredible, but the advantages of co-operation, when harmonious, are great. Those who desire information should address Dey M. Hough, P. O. Box 12, Philadelphia.

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CO-OPERATIVE BROTHERHOOD.

The Co-operative Brotherhood are starting their first colony here right beside our home and there are some very progressive people among them. One Vegetarian already. Later on a Vegetarian Club might be formed in the Colony. I shall send you a paper with prospectus of the Co-operative Brotherhood. It is a brave effort to benefit humanity in a material way, but in order to be successful there must be a spiritual bond and I hope that good teachers will be here, for souls need food as well as bodies. There are splendid forces gathering, and I hope for great good to follow.—Very sincerely yours, Harriet C. Stein, Olalla, Wash.

CHRISTIAN COMMONWEALTH, GA.

Our esteemed friend Jacob M. Troth, President of the Virginia Peace Society, has, by following what he believes to be the leading of the Holy Spirit, left Virginia and settled at Commonwealth, Ga., in a community in which he appears to have found congenial friends and employment. The friends he regards as the most devoted Christians it has ever been his privilege to work with. He writes: "We are Vegetarians from necessity, as our food costs only three cents each per day. Meat is excluded almost altogether." They publish the *Social Gospel* in the office of which Brother Troth finds his sphere of activity. He is doing effective work for that publication. Within its two years the Christian Commonwealth have built seven dwellings, a blacksmith shop, a large barn and stable, a school house, a large dining hall, a saw-mill, a printing and publishing house; and a cotton mill is being rapidly constructed. The community already consists of 85 persons, whose Vegetarian rations cost only \$2.50 per day! The first of the Ten Commandments is embodied in their constitu-

tion. The *North Shore Suburban*, Chicago, publishes a full account of the Christian Commonwealth, illustrated with views and portraits. They appear to hold to the doctrine of the early Christian Church to "hold all things in common," love being the golden cord that binds them together. G. H. Gibson, the president, writes: "Most of those who come to us bring little or nothing. So to keep open doors for the poor and to make our means go as far as possible, we have lived for the most part on corn bread, cow peas, sweet potatoes and vegetables of our own raising." We consider this very good living and is very much as we live, except that we have some Graham bread as well, and then again we do not get the cow peas, but would like to.

THE NORTHWEST COLONY.

Owing to the well-known ability, integrity and energy of the President of the Northwest Vegetarian Colony, Rev. Mrs. H. S. Lake, a tract of land has already been donated, on the conditions that a group shall be located in one of the most desirable parts of the State of Washington. Other donations of money, material and machinery are now in order. Who will contribute a type-writer, to aid in lessening present labor? All persons who send fifty cents will be entitled to a year's subscription to *FOOD, HOME AND GARDEN*, in which a monthly report of progress will be made by the B. L. C. Address; Secretary Better Life Consociation, L. Box 502, Olympia, Wash.

THE MOVEMENT IN IRELAND.

J. S. Herron, the Hon. Secretary of the Irish Vegetarian Union, writes from Belfast: "The movement in Ireland is spreading—the public will not become out-and-out Vegetarians, but they frequent our restau-

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rants, and they know that they can live without flesh-meat if they choose to do so. But the custom is very hard to break away from—we have far more opposition and difficulties thrown in our way than the abstainers from alcohol now have. But we must persevere and try and gain over the more intelligent and intellectual class. Unfortunately they won't see that flesh-eating is the cause of drunkenness and other social evils, and they shut their eyes fast and put their fingers in their ears when we tell them of the great evils of flesh-eating. But Vegetarianism in the United Kingdom may not really flourish until it is unlawful for people to kill animals and eat their flesh, but that time will come."

DEATH OF GARCIA

The correlation of inner and outer temperature is, to my mind, again illustrated by the unexpected demise of the Cuban veteran-patriot, Calixto Garcia. His translation to an unaccustomed climate, altho' not far north, unprepared by hygienic measures which in this instance were probably not thought of at all, or ignored, together with the vicissitudes of the past three years, rendered him an easy prey to the very variable winter weather of the North Atlantic coast. Banqueting, late hours, etc., helped. Yet, hygienic diet and other toward personal habits would have ensured increasing immunity, and preserved a valuable life at a critical juncture to liberate Cuba. It depended upon the interchangeable temperature, assisted by similar mental operations.—R. Hecker.

RAISINS FOR REFRESHMENT.

A well-known physician states that when he is fagged out by professional work he recruits his strength by eating raisins and not by using stimulants.—*Philadelphia Record*.

BECAUSE A BIRD SANG.

Because a bird sang ere the raindrops were dry
Or sunbeams had driven the clouds from the sky
A dark life was brightened, a faint heart made strong,
For trustful and glad were the tones of that song.
He sang till he quickened a hope that was dead
By singing that song on the roof of the shed.

The hope had been buried so long that I deemed
'Twas only some beautiful thing I had dreamed.
It quickened and started and wakened once more
And filled with the visions that charmed me of yore
So gladsome the tune and the words that he said
(That bird in his song on the roof of the shed).

He sang and he warbled "Oh, longing heart wait
Though dim is the future, yet kindly is fate.
Believe it and trust it, oh, mortal, to be
Replete with the dearest of treasures for thee:"
So hope has arisen and doubting has fled
Because of that song from the roof of the shed.

—Hilda Muirhead in *Ladies' Home Journal*.

THE PROBABLE SEQUEL.

Because this bird sang a rich blessing was given
That raised good Hilda to the brightness of heaven.
But there came from a neighboring summer resort
A Divine with a gun "to enjoy a day's sport."
He fired at the bird that salvation had brought
To the heart of a friend and thought it "good sport."
That bird can no more sing on the roof of the shed,
Its sweet voice is now hushed: the poor bird is dead.

H. S. C.

SATISFYING THE MORAL SENSE.

BY J. G. STAIR, M. D.

There is harmony in nature. The diet which is best for the physical is also best for the moral nature of man. The shedding of blood and the taking of life are opposed by the moral sense of man. This is not a contention among teachers and authors on moral philosophy. So in science and nature there is no demonstrated fact that demands the use of flesh-meats for the best development of the physical nature of man.

The luscious fruit, the sweet grains and the savory vegetables and nuts in their various combinations and modes of preparation provide ample material for a feast for not only the elect of the land, but for all.

To one out-and-out convert, the Vegetarian advocate makes a hundred sympathizers who eat less meat than formerly.—John Naylor, London, England.

FOOD HOME AND GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines, 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

With Moore at Chicago University and Weiner at Harvard, Vegetarian philosophy should take a strong hold in both those seats of learning.

The article by Professor Weiner was published in the *New York Journal* and also is used in the January issue of *Our Postscript*, which will be ready about January 10.

The Board of Aldermen, Boston, Mass., have been asked by Charles Weiss for a license to carry on the business of slaughtering horses for the year ending April 30, 1900. The product is to be packed in barrels for export. It is expected to slaughter 120 horses a day.

Nothing can be more certain than that the exportation of nitrogenized products does not exhaust the fertility of a country; inasmuch as it is not the soil but the atmosphere which furnishes its vegetation with nitrogen.—Justus Liebig, M. D., Ph. D., F. R. S.

A Gospel Mission has been opened by the Seventh Day Adventists at 210 North Second street, Philadelphia, where both body and soul are fed and nourished. Vegetarian meals are served at *one cent* a course. This could hardly be done with flesh-meat as a basis. Brother A. F. Caldwell is described by our correspondent, Dr. de Learsy, as "a godly and able man superintending the kitchen, and a scientific Vegetarian cook."

Newton M. Mann in his discourse on kindness to animals, claims there is no word in our language to express it. There may not be one in the old dictionaries, but surely "Zoophily" will be included in all the new editions, as it has been for some years used by humanitarians.

The recent act of Parliament permitting those who conscientiously object to Vaccination to preserve their children from the virus is a triumph gained by the Anti-Vaccination Society, of England, of which Mr. Wm. Tebb was for many years the president. To him the credit of the victory is chiefly due.

More of our prominent army and navy officers die from the generous hospitality of Washington and other American cities than from the hardships incidental to war. General Sheridan said there was less risk to life on the plains fighting Indians than in eating dinners in Washington, and his own experience proved it.

Would some one please express his opinion through the medium of FOOD, HOME AND GARDEN, as to whether vegetables are liable to be infected with microbes and disease germs otherwise than can be detected by the senses—the sight, smell and taste—as is the case with flesh-meat?—John Hulsmann, Lopez, San Juan Co., Wash.

The *Anglo-Saxon* is the name of a \$1.00 magazine devoted to the identity of the Anglo-Saxon race with the house of Israel. Edited by George E. Ingils, 6627 Washington avenue, Chicago. We do not know that either the Anglo-Saxon or the House of Israel will be complimented by the recognition. Both races have been guilty of acts of which neither should be proud.

FOOD HOME AND GARDEN

THE SIX DAY'S BICYCLE RACE.

ANOTHER ATHLETIC VICTORY. FLESH-EATERS IN THE REAR AND BADLY BEATEN.

Charles W. Miller, of Chicago, who won the first prize at the six days' bicycle race at Madison Square Garden, New York, in December, 1897, has won the first prize at the same place in 1898. The score at the end of the race on December 10, 1898, was: Miller 2007 miles, while Waller, his closest competitor, scored 1985 miles. In our number for June, 1898, we published from the New York *Journal* a list of the food consumed by Miller during the week of the contest. It consisted of boiled rice, oatmeal, barley, milk, sterilized and diluted with lime-water, koumiss and coffee, varied on the third day with apples, and on the sixth day with oranges. In reply to an inquiry addressed him by Mr. Howe, Mr. Miller wrote as follows:

"Dear Sir: In answer to yours of the 16th, would say that my diet consisted of ONLY oatmeal, boiled rice, rice pudding, custard, koumiss, grapes on last day, milk, coffee, apples and oranges. No meat whatever, at any time. I never use meat in my races. No butter and no cheese were used.

Yours resp'y, C. W. Miller.

Mr. Miller was evidently not seriously fatigued, as on the last day of the contest he took one hour off the track, during which time he was married to Miss Hanson, also of Chicago, and then resumed the contest on the wheel, which continued until 10 o'clock P. M. At 11 o'clock Saturday morning, it was announced, amid much applause, that Miller had beaten his own record of a year ago by three miles, and after this he settled down to a methodical gait, and in two hours the substantial distance of eighteen miles assured him of

victory over all his nearest competitors. We understand Mr. Miller's earnings were \$4000 and a good Chicago wife. Thousands of spectators witnessed the contest and the management reaped a handsome profit.

EATING "EMBALMED BEEF."

General Miles, in testifying before the Commission of Inquiry, characterized the 327 tons of refrigerator beef sent to the army in Puerto Rico as "embalmed," and said the 198,000 pounds of canned beef had been condemned by the officers whose commands used it. That the beef was sent as food and the men had to eat it or go hungry. He suggested it was sent as an experiment. That the chemicals used in treating the beef were responsible for the sickness of the army. The reports that he received concerning it were that this beef had the odor like that of an "embalmed dead body."

"WHEN DOCTORS DISAGREE."

The proverbial disagreement of doctors and professors is illustrated at Harvard University. Professor Weiner presents a logical paper on comparative anatomy (see page 4), showing that man by nature is a fruit-eating animal, while Professor G. W. Fitze, lecturing at the same University, declares the world to be absolutely dependent on the flesh of animals, forgetting that the flesh of animals is all derived from the vegetable kingdom. The difference between these two learned men is no doubt caused by their personal habits. We venture to predict that if Prof. Fitze were to dine a few months as Professor Weiner does, he would soon see the error of his present position. The only thing for plain men to do when doctors disagree is to use common sense.

Dr. E. G. Smith has published a paper edition of *The Fat of the Land* for 50 cents.

FOOD HOME AND GARDEN

A BANANA DIET FOR TYPHOID.

Dr. Ussery of St. Louis, regards the banana as the best food for typhoid patients. It is easily digested and very strengthening.

THE V. S. MILL IN WASHINGTON.

The Vegetarian Society Mills you shipped to Mr. Haglund and myself came safely and we are very much pleased with them. I hope our mill will sell some more. There was a friend looking at it to-day and he says our mill is a much better mill than his. I think it will do all that is claimed for it and more and I thank you very much for sending such a good one.—Mrs. Harriet C. Stein, Olalla, Wash., Nov. 19, 1898.—The mill sent was our number 2, the price of which is \$5.00.

MEDICAL JOURNALS & ATHLETICS.

The *Medical Record* (New York) is one of the few medical journals that have the fairness to publish the facts of the Vegetarian victory in the severe test given by the 70 miles walk, wherein it states the distance covered at 15 German (70 English) miles which were walked by Mr. Mann in 14¼ hours and both the winner of the prize and five other vegetarians performed the feat without unusual fatigue, while of the eleven non-vegetarians only one reached the goal at all and in bad form and far behind the vegetarians.

CHEAP BOARDING HOUSES.

The *World's Advance Thought* justly commends the work of Lawrence J. Fry in establishing a house in Portland, Oregon, in which five cent meals and clean beds are provided for working men. Although running several years it has produced no income, but has been kept up by pluck and hard work and has furnished a comfortable home for many a penniless man out of employment, and saved many from ruin and

despair. Mr. Fry is described as a kind-hearted vegetarian, so, of course, his house is a Vegetarian Boarding House on an economical scale. He is also stated to be quiet and modest. Has saved Portland much expense, and aided materially in keeping the peace. He has never turned a hungry and friendless man from his door, being filled with pity for suffering in all its forms. We have often believed that cheap boarding houses might be established in our large cities on this plan or perhaps making a little higher charge, sufficient to meet actual expenses. A ten cent fare would perhaps cover cost, if landlords would allow some of their unoccupied houses for this purpose at a moderate rent.

HUNTING WITHOUT KILLING.

The *Scientific American* in reviewing Blanchan's book on "Birds that Hunt and are Hunted" expresses the humane hope of the author and editor of the book that sportsmen may learn to hunt more and more each year without guns; for all true sportsmen are lovers of nature. The time has come when the camera may and should, to a great extent, take the place of the gun. Several enthusiasts have demonstrated that beautiful pictures of wild birds may be made without taking their lives.

HELPING HAND MISSION.

One of the charitable institutions connected with the Seventh Day Adventist Church is a helping Hand Mission at Walla Walla, Wash. It is a restaurant and hotel at which the charges are chiefly one cent per course as shown by the following:

MENU.

Soup.....	One Cent.	Bread.....	One Cent.
Potatoes or Beans.....	One cent.		
Fruit.....	One Cent.		
Cereal Coffee.....	One Cent.		
Pie or Cake, per cut.....	Five Cents.		
Bath.....	10 cts.	Bed.....	10 cts.

It is a Vegetarian House and should be imitated in every city in America.

HOME DEPARTMENT

MENU FOR DAY IN JANUARY.

BREAKFAST.

Fruit.

Granose Flakes. Sugar and Cream.
Graham Gems. Baked Potatoes. Caramel Cereal.

LUNCH.

Potato Salad.

Peanut Sandwiches. Baked Apples.

DINNER.

Pure'e of Chestnuts.

Stewed Onions. Buttered Beets. Noodles.
Watercress. Dressing.

Currant Jelly.

Oatmeal Wafers. Bread.

German Wafer Pudding.
Coffee.

MRS. RORER'S LECTURES.

At the recent Food Exhibit held in this city Mrs. Rorer, as usual, lectured on the subject of Cookery. Her lectures were well attended and instructive. Although Mrs. Rorer is not a practical Vegetarian herself she is somewhat favorable to the subject and many of her recipes will be found highly satisfactory to Vegetarians, especially those of us who have not discarded animal substances, milk and eggs. The following are a few recipes and hints gleaned from reports of Mrs. Rorer's lectures and demonstrations:

RECIPES.

Soft Oatmeal Bread.—Take 1 pt. of oatmeal that has been left over from breakfast; stir into it $\frac{1}{2}$ pt. of scalded milk; when hot add $\frac{1}{2}$ cup of yellow cornmeal. When partly cool add hastily the yolks of three eggs; then stir in the well beaten whites. Cover the bottom of the baking pan with chopped dates; pour over the bread and bake in a quick oven thirty minutes. It should be broken with a fork and taken out with a spoon.

Mush Gems.—Stir $\frac{3}{4}$ of a cup of cornmeal into a pint of hot milk; cook until

smooth. Take from the fire; add the yolks of four eggs then the well beaten whites. Bake in greased gem pans in a moderate oven twenty minutes.

German Wafer Pudding.—Beat slightly 3 eggs, add 1 cup of milk. Put 1 cup of flour in another bowl and add the liquid portion gradually, beating until smooth. Stir, strain, and having put into greased moulds bake in a hot oven twenty minutes. Serve with pudding sauce.

Baked Bananas.—Strip the skins from a dozen good ripe bananas; sprinkle over four tablespoonfuls of sugar; add $\frac{1}{4}$ cup of water; bake in a quick oven 30 minutes, basting frequently. Serve with cream sauce.

*

Do not fry bread in butter unless you expect divine help in digesting. Olive oil is best, and put it in the pan before the pan is on the stove.

*

Sugar is responsible for any number of ills; and "ten pounds is enough for one family for a year."

* *

From *Table Talk*.

Pure'e of Chestnuts.—Remove the shells from sufficient large chestnuts to measure 1 pint after shelling; cover with boiling water, let stand for five minutes and slip off the skins. Boil in sufficient salted water to cover until tender, drain and press through a fine sieve. Gradually dilute with one pint of thin white sauce (one tablespoonful of butter, 2 tablespoonfuls of flour and one pint of milk), season to taste, add $\frac{2}{3}$ of a cupful of hot cream and serve. Pure'e of carrot, onion and other vegetables may be prepared in the same manner.

FOOD HOME AND GARDEN

NO BREAKFAST PLAN.

We are living on the no breakfast plan, and had our dinner before 12. What freedom it gives us every day, especially when we are going on an excursion by the stage. How strong and well we feel! M. G.

DISGUISED DISHES.

The sister who is most active in our culinary department sometimes brings her wits to play in inventing a new dish. One evening we were invited to partake of some very tempting looking fritters. Upon questioning her as to what kind they were, we were met by a Sphinx-like air of mystery! We tried guessing even while partaking of them. "Corn meal?" "No?" "Flour?" "No, only enough to make it stick." I tried to be funny and guessed, "Corn cobs!" as the most economical form of fritters I could possibly think of. But all our conjectures failed, even when the good sized dish was emptied.

Afterwards I said, "Now, as I have enjoyed the unknown I think I ought to have the privilege of knowing what it is." Then the Sphinx opened her mouth and answered, "Squash!" They had tasted more like flannel cakes than fritters, but as the latter can be made out of almost anything (it seems) while the former presupposes meal of some kind, the name announced was not really a misnomer.

Another evening we had at our table a lady visitor who calmly partook of squash, cooked and served like egg-plant, not knowing the difference, until we afterwards amused ourselves by enlightening her; for some of the other members of the family had been initiated into this mystery by the Sphinx some time before.

We have had lettuce leaves cooked and served like spinach, as my sister has her own vegetable garden, she finds it convenient to utilize the occasional over-supply


of some one vegetable, by varying its mode of preparation.—Mary Graham.

PENOLA.

A postal postmarked "Summerland, Cal., Nov. 23, 1898" contains the following: "Do Vegetarians know the value of Penola as a food and a drink? It is an easily made Indian food, no one will complain of its price, and as for its benefits, the Indian message-runner of fast time could run some days without food other than what he found in his penola-bag and a little maple sugar to sweeten it with. This maize was well parched, and ground into a fine meal which he stirred into the water for drink, coming to a spring, or, on feeling hungry, made it thick enough to eat as a thin mush. Many white people have found the virtue of penola and are never without it. An aged man here says there is nothing sets so well on his weak stomach. Since I have learned of it I have some of it daily, finding it agreeable in taste and effect. The corn should be well browned to prevent a raw taste. I use it in cold or warm water, but the water should not be hot enough to scald the meal. I like it, too, with warm tea, and sometimes make a meal of it in that way, craving nothing more except an apple. Try it.—A Stranger."

We have just risen from a meal in which fresh parched corn meal formed a very satisfying portion. Four teaspoonfuls soaked a few minutes in milk with a little sugar was a substantial dish and seemed to make other food unnecessary. We had parched the corn the night before in the oven and its odor while grinding it in the V. S. Mill was delightful. The corn we used was the white dent. We will send a sample of Penola by mail post paid for 10 one cent stamps, to show what can be done with the V. S. Mill.

THE GARDEN



A BEAUTIFUL FRUIT RANCH.

On the 18th day of July we were out to Mr. H. Wallerstein's ranch. We went seven miles in the stage to Indian Orchard. There we got some delicious oranges and good apples and Mrs. Wallerstein met us. Then I rode with Mr. Wallerstein in his buggy and Mr. Gregorson walked and opened the five gates. We went on our winding way slowly, up and down and around the rocky steep points, and crossed the stream a number of times. Mr. Wallerstein has olive-trees growing on two of the steep hill-sides; and one steeper hill-side he has terraced ready for the trellises and grape-vines, which are growing in the nursery until rains come, so he can set them out. He has a picturesque walk up to the first water-fall. Then we crossed the stream many times on the large stepping-stones. There are great rocks in the stream fringed near the water-edge with maiden-hair and other ferns. There are beautiful plants growing along the winding stream. There is one great boulder as large as a house, supported by other great pointed rocks, up a little above the ground in some places. But when we arrive at the water-fall! That is the best of all! A pretty pool of water surrounded with many shades of green, so rich, so beautiful. When the rains come there must be a wide sheet of water pouring over. Now there are two streams, one on either side. It is a lovely place shaded with a variety of beautiful trees, and we are shut in on every side, and look up to see the lovely deep blue of the sky; and the refreshing breeze is blowing! It is a delightful place to go camping. On our return walk we cut some branches of

the fragrant bay leaves. We passed the Cathedral Oaks on our way to Mr. Wallerstein's. Some of them have been cut down since we passed two years ago and others have been planted in their places. Some of the grand tall and wide-spreading trees are still left. On our return, Mr. Wallerstein brought us as far as Goleta, where we took the stage at 4 o'clock P. M., and returned to our home in Santa Barbara.—Mary Gregorson.

THE BEST SOIL FOR PEANUTS.

The best soil for peanuts is a light colored, clayey soil, filled with finely comminuted, cherty, angular gravel, which makes the ground loose and prevents it from baking. The ground should be well drained and light in color, for it is a singular fact that there is a correlation between the color of the soil and the color of the nut, black or deep-red soils making a dark-colored nut, and light or whitish soils a light-colored nut. The darker soils may and most frequently do make a larger yield per acre, but the nuts are not so marketable and are classed in a lower grade.

Land with much humus is not suited to the growth of peanuts. The soil should be strong, but with a small amount of vegetable matter in its composition. Peanuts, therefore, do not yield well after clover nor in freshly cleared lands. In such conditions the amount of vine is excessive, but the quantity of good peanuts is very small. The best results are obtained by planting the crops after corn or tobacco or potatoes, or after any crop that requires clean cultivation.—*Southern Magazine.*

FOOD HOME AND GARDEN

THE MINER SUBSOILER.

The Miner lifting subsoiler deserves notice, altho' the metal parts are only cast iron. It was devised by Colonel Miner, of Tennessee, and offers the advantage that men but 4½ feet up to 6 feet 4 inches may operate it in a variety of soil, barring, of course, very heavy land. The handles can be raised or lowered to suit the height of the person, who consequently walks erect, is not subject to lameness of the back and can deliberately guide the plow. I had one for two horses in Vineland and liked it much.—R. H.

FINE FRUIT IN TENNESSEE.

You can, if disposed, safely say a good word relative to very desirable fruit in Tennessee. Mr. Doolittle probably has not been to Campbell and Johnson Counties. These are stated in an official report by the Commissioner of Agriculture, to produce exceptionally finely flavored apples. Those of Campbell County he styles fruit of unsurpassed size and excellence. Those of Johnson County are described as being of great size, beauty of appearance and fine flavor. These counties are in East Tennessee. Scott County, East Tennessee, has a remarkably salubrious climate. Sequatchie County has a soil of exceptional fertility, and Unicoi County, East Tennessee, a new county, offers to tourists *et alias* with an eye for fine scenery, one of the most charmingly beautiful sections of a favored territory. Tennessee, no doubt, not only rivals, but surpasses North Carolina as regards large and small fruit.—R. H.

"THE PLOW WITH A HUMP."

On page 169 you advocated the production of a long-pointed plow with an effective hump for the lifting of frozen soil. Prominent makers of implements have been memorialized with a view of devising one on lines recommended by the late John

Wilkinson. He suggested: (1) but one handle; (2) a reversible beam; (3) the whole implement to be of good iron and steel, save the handle; (4) the enlargement of the area affected by the breaking gear, implying a broader and more convex hump of prime quality and material, differing therein from existing shapes, such as the Miner, the Mapes, the Rogers, etc.; (5) the use of the lifter when the substratum is not damp and sticky, but comes off freely, nor in soil and in seasons when the fields operated upon become soggy. But 4 to 6 inches deep is mere scratching. If the frost is to benefit land, 18 inches or more should be attempted, with a steady, strong team walking at an even, deliberate pace. A crowbar or pick may be required at the starting point to enable the plow to fairly enter.

The makers addressed, albeit given good reasons for a modification of gear declined, doubting it would pay. More the pity, for farming and gardening are essential to prosperity.—R. Hecker.

We suggested 4 to 6 inches as the depth for frozen ground to be plowed and in consideration for the animals doing the pulling. Ground frozen 18 inches deep would require steam power to break up and a very strong plow. When not frozen it can be stirred deeper with a subsoiler.

FRUIT EVERY DAY IN THE YEAR.

It is possible for a farmer to have fresh fruit of his own every day in the year. Beginning with strawberries in May and before they are all gone raspberries will continue about five weeks. Cherries will begin during the raspberry season, blackberries, currants and gooseberries follow. As these go, the early peaches, apples, pears and plums come. During August, September and October he can have a great variety of fruit. Until the next June he will have to confine himself in the main, to apples.—*Tribune*.

FOOD HOME AND GARDEN

Some Health Novelties.

IMPROVED BATH CABINET.

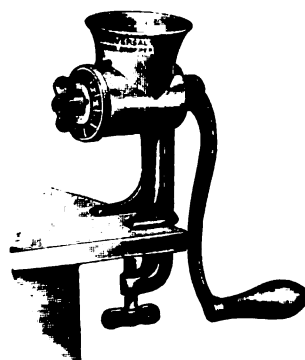
THE PAST YEAR has been prolific in inventions affecting the question of Health, some of which we may here note. The Quaker Vapor Bath Cabinet, which we have been recommending for its high character as to the quality of the rubber material used and the convenience with which it may be packed and carried, has been further improved as shown in the accompanying engraving, by a side opening to facilitate entering and exit. This will add much to the popularity of the Quaker Vapor Bath. During the epidemic of *La Grippe* lately experienced in Philadelphia, this Vapor Bath proved of inestimable value. One young lady we know who was severely attacked, was given the bath on going to bed and nothing was heard of her until the next morning, when she was up bright and early, and went to her usual occupation as if she had never had *La Grippe* at all.



next morning, when she was up bright and early, and went to her usual occupation as if she had never had *La Grippe* at all.

FRUIT AND VEGETABLE CHOPPER.

Another useful invention that has lately come into our list of selling articles is the Universal Chopper. We have tested it for all kinds of vegetables requiring to be



chopped for soups or to be eaten uncooked, and find it exceedingly useful. Even Horse Radish is reduced under its operation. And cocoanut, the only nut that refuses to submit to the Vegetarian Society Mill, succumbs to the Universal Chopper

and becomes a valuable acquisition to the Vegetarian Cook who does not care to employ the common grater at the risk of her knuckles, when requiring fresh grated cocoanut. Whatever will assist in reducing

such substances quickly to the requirements of the kitchen is a real boon and helps to make us independent of goods that are often adulterated when packed in cans or boxes. A chopper in the house and we know what we are eating because it is prepared from the original articles.

WESTRUP'S HYGIENIC INSOLE.

Another article of great utility is a new Hygienic Insole, invented by our Vegetarian friend, Mr. Westrup. We have been trying these insoles and found them exceedingly comfortable, especially in the damp wintery weather we have been having during December, 1898. They are made of a non-conducting inorganic substance, rendering them cooler in summer and warmer in winter than the leather sole, and being quite thin and light, they can be used in shoes that fit pretty well without insoles. They absorb the moisture from the foot and can be replaced with new ones as often as desired, thus contributing to health as well as comfort. Send size of shoe worn and six cents in stamps and they will be sent by mail to your own address.

SAMPLES BY MAIL.

We are endeavoring to obtain pound rates for all the goods and foods we supply by express. But in the meantime, we will send samples by mail of articles made by the Vegetarian Society Mill as follows:

1 CT. STAMPS

4 ounces	Whole-wheat Graham flour,	10
4 "	Pure Peanut Butter,	10
4 "	Penola (Parched Corn),	10
4 "	any kind pulverized	

nuts in stock 12

Also samples of articles cut by the Universal Chopper at the same rates.

NUTCOA BY MAIL.

During cool weather we will send a three-pound can of Nutcoa by mail on receipt of one dollar, to any part of the United States or Canada. Order now to secure this as it is not safe to send by mail in hot weather. This is cheaper than by express, where the distance makes expressage come over 50 cts.



THE FATTED CALF.

The lesson was from the prodigal son, and the teacher was dwelling on the character of the elder brother. "But amid all the rejoicing," he said, "there was one to whom the preparation of the feast brought no joy, to whom the prodigal's return gave no pleasure, but only bitterness; one who did not approve of the feast being held, and who had no wish to attend it. Now, can any of you tell me who this was?" There was a breathless silence, followed by a vigorous cracking of thumbs, and then from a dozen sympathetic little geniuses came the chorus: "Please, sir, it was the fatted calf!"—*Aberdeen Journal*.

EATING TOADIES.

We are glad that we adopted the vegetarian living as soon as we did especially on account of the children. They know nothing of eating flesh meat, and one day one of them asked me in regard to having heard that one of the boys near went fishing. He asked what he caught the fish for, and so I explained to them that some people ate them, and that too some killed the cows and the pigs and ate them too, but that we didn't think it right to. That immediately started a new train of thought and the oldest one says: "And do they eat toadies (meaning toads) too?" The second one piped up in his shrill voice: "And ponies too?" They think so much of the animals about here. A family of gray squirrels live very near us and we frequently see them from the window, and partridges too. I think our life here the very best for the little ones. Now here in the winter the trees shelter us enough that it does not seem as rough as outside and they go out of doors

to play every day that it does not storm.—Mrs. L. G. Hamilton, Millington, Mass.

A CRUEL FASHION.

Have any of you ever thought of the cruelty involved in the wearing of plumes or tips on your hats? It is said that the wings are actually torn from their bodies while they are alive, in order that the brightness of the plumage may be preserved! The *Universalist Leader*, in an editorial on this subject says:

"If the members of the gentler sex could witness a thousandth part of the slaughter that takes place every month, that their patronage not only gives consent unto but commands, their awakened sensibilities would cry a halt, at least so far as they are personally responsible. One plume on one hat may not impress as an evidence of cruelty, but one plume each on 10,000,000 hats is Armenia and Cuba combined in the feathered kingdom." The editor of the above paper calls the ladies "criminally obtuse" in persisting in this fashionable custom!

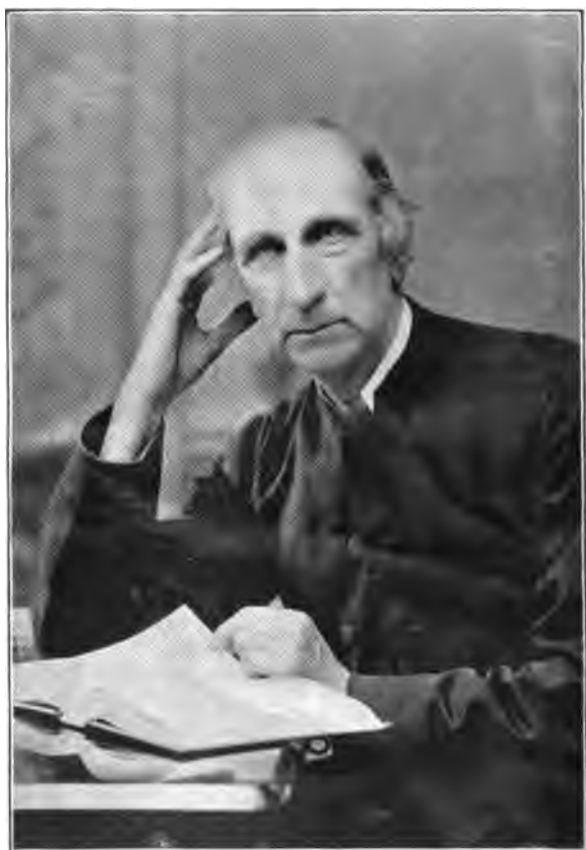
I hope that the "gentler sex" among the APPLE BLOSSOMS will have their hats trimmed with artificial flowers and ribbons, instead of plumes, feathers or tips. No Vegetarian should be guilty of any such unnecessary cruelty.—Walter S. Weller.

We suppose that all our APPLE BLOSSOMS have a bicycle or expect to have one. They will be glad to know that Mr. Miller, the champion bicyclist of the world who has showed the most surprising endurance and who has won the prize at both New York and San Francisco six day bicycle contest has won his great victories without eating the flesh of any animal.



MISS ELLEN SNOW.

See Page 55.



REV. SAMUEL F. DIKE, D. D.

FOOD, HOME AND GARDEN.

VOL. III, NEW SERIES, No. 27.

APRIL, 1899.

WHOLE NUMBER 100.

REV. SAMUEL F. DIKE, D. D.

THROUGH the courtesy of Rev. Chas. H. Mann, editor of the *New Church Messenger*, we are enabled to present an excellent portrait of our esteemed brother and friend of humanity, Rev. Samuel F. Dike, D. D., whose departure from the active scenes of this life was recorded in our number for February, 1899, page 25. We are enabled to add to what was then published some more interesting particulars from the *Messenger's* account:

"After his ordination in Philadelphia, at the age of 25, he married Miriam Worcester, of Boston, daughter of the Rev. Thomas Worcester. They were married 53 years, Mrs. Dike having died about four years ago. Since his wife's death he has not taken as much interest in life. He very much missed the companion of his life, and said not long ago to a friend, 'I shall not be sorry to go, I wish it were to-morrow.'

"June 13, 1840, Dr. Dike arrived in Bath, where he has since been a prominent and highly respected citizen. It is not unusual to find men who have been actively engaged in the ministry for fifty years, but it is very seldom that one of these can point to that period as spent in a single parish.

"The Church society, for the love they bore their pastor, in 1879 sent him on a trip to Egypt and Palestine. It was then quite an event and upon his return to Bath he was greeted with large congregations to hear about his travels in the Holy Land.

He gave several very interesting lectures on his travels. He was appointed a member of the Peace Congress held in London in 1890, but was unable to attend.

"Dr. Dike had a fine residence on Lincoln street, Bath, with spacious grounds. He took great pride in the appearance of his grounds and in his garden. He loved his home, everything around it was very dear to him. The very trees he planted he loved and took great pride in.

"A few years ago Dr. Dike thought of selling his place, and one of the first would-be purchasers of the property asked how much hay it would cut. It thoroughly disgusted him to think how much he had loved even every tree on the place and it was so dear to him, and that others could only look at it in the light of profit as a hay farm.

"The reverend doctor had been a Vegetarian for a number of years.

"The funeral services took place at the house of Mr. J. H. Kimball, of Bath, on Wednesday, January 11, and were conducted by the Rev. B. N. Stone, who had for so many years been associated with Dr. Dike in the work of the Maine Association. Mr. Stone was assisted by the Rev. Samuel Worcester, of Portland."

From the discourse delivered on the occasion by Rev. B. N. Stone, we extract the following:

"Under his thoughtful preaching and gentle pastoral care, aided by the faithful

FOOD HOME AND GARDEN

helpfulness of the devoted wife and companion of his life, he had the satisfaction of seeing this Church grow and flourish and of gathering into its fold a generation of noble and excellent men and women, of which it gives us a touch of sadness to-day to think that he was almost the sole survivor; but their memory is still held in honor in this city and warmly cherished by you of the younger generation of the Church. To you who from childhood were nurtured under the pulpit ministrations of this man of God, and in whose social life and the joys and sorrows of the home he was a privileged guest, no other minister, however good and worthy, can ever be quite the same; you mourn to-day the departure of your spiritual father. The presence on this occasion of others without your own household of faith witnesses to the esteem which the moral purity, integrity, and intelligence of the man have won from all the religious people and the citizens of the community. The flags now at half-mast on the school-buildings also testify to the value of his educational work, when the schools of the city for more than twenty years were under his superintending care—work not perfunctory and mercenary, but inspired by hearty devotion to the intellectual and moral welfare of the school children, in each of whom he took a personal interest, being able to call almost every boy and girl of them by name.

“But outside his local parish in his State and in the Church at large, Dr. Dike also did good service by pen and voice and official labors. As the General Pastor and the first and the only President of the Maine Association, till the infirmities of age caused him to retire to the quiet rest of private life, he guided its affairs with good practical wisdom and performed the duties of his office with unassuming fidelity, alto-

gether free from any spirit of priestly domination. His judgment and counsels also carried weight in the deliberations of the General Convention of our national ecclesiastical body. And his name was known with respect in the Church across the water. He had a scholarly mind, was a great lover of books, and especially enjoyed historical research and visits to oriental lands in quest of their ancient religious and literary lore. And combined with his higher intellectual gifts was much good common sense and a keen interest in all practical affairs, so that he could say with the old Romans: “Nothing human is foreign to me.” Hence while he was at home in conversation with artisans and farmers, the educational institutions and historical societies of our State and elsewhere were glad to honor and make use of his scholarly abilities and ample stores of learning. Were his associates in our Theological School at Cambridge present here I am sure they would express their appreciation of the value of his work, as the Professor for some years in the department of Ecclesiastical History. As a writer he was not voluminous, but whatever came from his pen bears the impress of clear, careful, intelligent thought and a well-informed memory. But his intellectual usefulness is not to be parted from the moral excellence of his character. Spiritual truth was to him above all other knowledge.”

A VEGETARIAN VAN.

The Vegetarian Society, England, has a van from which Vegetarian literature is distributed and which forms a suitable platform for speakers so that meetings can be held in the open air wherever the van is located. Such a van is required in this country. We can obtain good speakers for such an enterprise. Who will start the fund for this purpose with a good donation?

FOOD HOME AND GAMBLE

DISEASED CATTLE CANNED.

HOW THE LUMPY JAWED AND TUBERCULOSIS CATTLE ARE PASSED BY INSPECTORS AND USED FOR CANNING. HOW "BEEF EXTRACTS" ARE MADE OF DISEASED CARCASSES

Special Dispatch to the Democrat and Chronicle.

New York, March 3.—This is the story of Thomas F. Dolan, duly sworn to before a notary public. The story comes direct from the pen of a man who for ten years was superintendent of the killing gang of 500 men, in the cattle beds of Philip D. Armour.

"I am an American citizen, 39 years of age, and a resident of Allston, Mass.

"Somewhere in the neighborhood of 1890, after Jeremiah Rusk was appointed Secretary of Agriculture, the Bureau of Animal Industry was established. The object was to inspect all packing houses and their products in the United States. The duty of inspectors was to inspect the slaughter-house output before and after killings occurred. But there were many ways of getting around the inspectors—so many, in fact, that not more than two or three cattle out of one thousand were condemned. I know exactly what I am writing of in this connection, as my particular instructions from W. E. Pierce, superintendent of the beef houses for Armour & Co., were very explicit and definite.

"Whenever a beef got past the yard inspectors with a case of lumpy jaw and came into the slaughter-house or the 'killing bed,' I was authorized by Mr. Pierce to take his head off, thus removing the evidence of lumpy jaw, and after casting the smitten portion into the tank where refuse goes, to send the rest of the carcass on its way to market.

"In cases where tuberculosis became evident to the men who were skinning the cattle, it was their duty, on instructions from Mr. Pierce, communicated to them

through me, at once to remove the tubercles and cast them into a trap door provided for that purpose. The order went out to dispose of all evidences of disease whenever these evidences manifested themselves to the naked eye. I have seen hundreds and thousands of cattle pass inspection that should have been consigned to the destroying tanks. I have witnessed men tearing off with their naked hands large tubercles growing along the ribs, intestines, lungs and vital parts of the slaughtered steers.

"I have seen as much as forty pounds of flesh afflicted with gangrene cut from the carcass of a beef in order that the rest of the animal might be utilized in trade. It was at that time and is still regarded as wasteful to discard any portion of a steer that can possibly be used.

"A packing house has less regard for the public health than any other concern doing business in the country, and not a stone is left unturned to get all that it is possible from a carcass, no matter what the cost to human lives, no matter how far-reaching may be the consequences.

"Not a pound of meat or fat is lost. The best cattle are sold in the Eastern market or else exported. The next best go throughout the Middle and Western states for family use. The next class, that which is really unfit for even a poor man's table, is canned for American soldiers and wholesale distribution along the frontier into new countries over the mountains and broadcast on the high seas.

"Cattle that are unfit for dog-meat are boiled down, the nutriment is extracted for soups and beef extracts, and the dry, unwholesome pulp, fortified with a mass of gelatinous substance, is jammed into a can with a flaming label around it. Meat that can be used for anything else is never canned, simply because there is a better



price to be obtained for it while it is fresh.

"I do know that hundreds upon hundreds of diseased and sickly cattle went into the open market as healthy beef; that diseases prevailed to a great extent: that the inspectors did not see, or rather, did not protest against these horrible humors and that the men working in the killing department had their instructions to pay no attention to these things except to remove them. They were there to kill cattle, dress them and prepare the carcasses for sale, no matter what sort of conditions they were in, where they came from, or what the consequences would be."

VEGETARIAN COMMUNISM.

BY DAVID S. CADWALLADER.

Vegetarianism, in its innate purity and subtle methods of transforming the world, and communism in its grand sweep of unitary power and its progressive adjustments to the divine will as expressed in human life, are essential elements and co-ordinate forces in the formation and final establishment of Atsianism, a new and divine order of life, now seeking a demonstrable existence as imperatively demanded by the exigencies of the times.

Vegetarianism is the true entering wedge in the attainment of a divinely constituted system of communism: a oneness of spiritual power and action in the unitary development of earthly existence.

Then, start Vegetarian colonies on the broad and enduring basis of unitary power, as suggested by the divine requirements of an integral life or the cyclic laws of unitary action; establish communistic households on the fundamental basis and just and humane principles of Vegetarianism; assiduously study the great problem of life, and wisely promulgate ideas of socialistic reform as they crystalize and demand an expression

of soul-lit powers, strengthened and developed, by earnest desires to live a more interior life, and finally exemplify living faith in the new and divine order of life, as presented to consciousness for a wise and benevolent consideration, by abandoning forever the outgrown traditions and racial usages of the past, and by promoting the essential growth of man into a perfect or divine humanhood. When the laws of spiritual transformation are better understood and more reverently obeyed, then will man more fully realize the redemptive power of the divine immanency within—the germinal image of the father of all light, life and power.

Vegetarianism, thus implanted in the organic form of communism, and prospectively expressed in the incoming ages of atsianism, the embodiment of universal or divine principles, as applicable to a perfective human development, will be the central and ruling elements of the new civilization.

These two germinal and life-developing principles must and will yet coalesce and interlock their co-ordinate vital forces, and become an abiding and ruling power in the emancipation and advancement of humanity.

I refer you to my advertisement under the heading of "Personals and Wants" in the current number of F., H. and G.

A MEDICAL TESTIMONIAL.

Occasionally high medical authority admits the value of Vegetarian diet in certain cases:

Dr. Strasser has published an article in the *Weiner Medizinische Presse* giving Vegetarianism the full weight of medical authority.

Nourishment by means of vegetables, he says, produces but few toxins in the digestive tube and causes the disappearance

FOOD HOME AND GARDEN

of abdominal and other plethora. Thanks to it the urate become less abundant in the urine, while the hyperacid becomes of a neutral kind and sometimes alkaline. The Vegetarian regimen is, therefore, advisable whenever there is any fear of gastro-intestinal auto-intoxication. It may also be recommended to persons of the well-to-do classes who live too well, to the obese, to the gouty, to those suffering from arterial induration, to the plethoric and to the constipated. Persons suffering from nervous diseases will also notice a marked improvement under the influence of a Vegetarian regimen. Chlorotic patients who feel an aversion to meat will also obtain excellent results by this treatment. It is sometimes successful in cases of nervous dyspepsia, caused by or complicated with atony of the intestines, especially in cases of dyspepsia due to hyperaesthesia of the intestines, resulting in severe constipation, complicated by coprostasis. The addition of a grape cure to a Vegetarian treatment in the cases of constipation and of a milk diet in cases of arterial induration, with renal complications, often gives excellent results.

ELLEN SNOW.

In our last number we gave a sketch of the young lady who wrote "The Treachery of Satan," accompanied by an installment of her portrait. This month we present a nearly full length picture which shows a graceful attitude which seems perfectly natural and is charming in its expression.

Miss Snow is one of those ladies who, having taken up the cause of defenceless innocence for the prevention of cruelty to animals, was soon brought to see that the large destruction of animal life in providing flesh for food, was an important factor in creating and maintaining a callous disregard for the lives and sufferings of creatures that, in consequence of his superior intelligence, are entirely at man's mercy for their enjoyment and the continuance of their lives. How man has taken advantage of his position to sacrifice animals to gratify his own lusts and desires, is shown by the extensive practice of destroying their lives for human food.

That animals placed under the dominion

of man for care and protection should be treated with cruelty while living, and their bodies, after being mutilated, in many cases before life can have become extinct, in order to furnish gustatory enjoyment to their natural protectors, shows a condition of human degradation wholly irreconcilable with civilization and with that refinement which belongs to man as a religious, intelligent being, having humane sentiments, and that sense of justice which is the basis of true ethics. It is a practice which belongs to the period of force rather than that of justice, the rule of which was that "might makes right."

Miss Snow, having enlisted in the ranks of animals' friends, could not but see that to be consistent she must also abstain from the product of all this slaughter and cruelty.

Her circumstances at first did not favor the practical carrying out of her new formed convictions, and before doing so, while yielding to the influence of surroundings and laboring zealously against vivisection, in which her feelings became strongly affected by a contemplation and intense thought on the unnatural, heartless practice, nervous prostration followed, as it naturally would.

Then circumstances changed so that she could follow practically her convictions and her abstinence from animal food and partaking of the less stimulating but more nourishing products of the garden and orchard instead of the cattle ranch and slaughter-house, produced a gradual and healthy change in her nervous system so that now she is able to do a large amount of literary work for which she is admirably adapted.

The end of conflict between her convictions and her practice has brought peace and tranquility and by a persistent adherence to her principles there is reason to believe she has entered upon a long career of usefulness in connection with the Humane organization of England, which she so ably represents in this country. We hope occasionally to receive contributions from her pen, knowing that her heart is deeply interested in the abolition of all forms of vivisection and cruelty, whether practiced by butchers, surgeons or sportsmen.



Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

We call attention to the advertisement of the Co-operative Low River Colony, Jamaica. Those who desire a warm, healthy climate may be suited there and will find congenial society.

Our New England friends do not seem to care about having the Vegetarians meet them at Mystic, Conn., in Conference next summer, as they have given no encouragement to the proposition. Well, we can meet at Northwood Park, Frankford, Philadelphia, anyhow.

We call attention to the advertisement entitled "Grand Philanthropic Scheme." It is being pushed with creditable energy and certainly deserves success. Dr. Reinhold is the originator, and knows of the success of a similar scheme in Germany. We trust our friends will give it encouragement and support.

Mr. Richard Lehmann, Olean, Indiana, wants to make an effort in this country to obtain reduced rates for life insurance policies for Vegetarians as we announced was the case in England. As we are long passed seventy, we cannot be insured in any company that we know of, but will be happy to help in this matter for the benefit of younger applicants.

Our friend Wm. Canby Ferris writes us on "Scientific Mating" contending that by means of occult science marriage can be

reduced to a certainty and need not be the lottery it now is. We cannot spare the space to insert his article, but if any choose to consult him at his College of Occult Forces, elsewhere advertised, they will undoubtedly receive courteous attention to their communications.

VEGETARIAN BADGE.

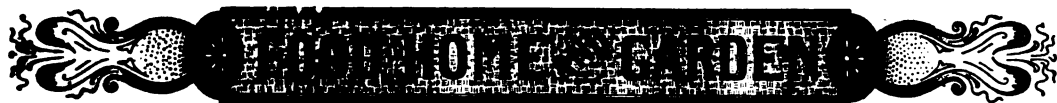
A very neat button with "V. S. A.," a wheat sheaf and "Live and let live" for its motto has been put on the market. It will sell at 15 cts. each by mail. We hope next month to print the design. A pair of cuff-buttons with design like the above at \$1.00 to \$3.00 a pair according to quality of metal. The \$4.00 ones are solid gold. Further particulars next month.

PHILADELPHIA VEG. SOCIETY.

At the March meeting of the above Society held at 1023 Foulkrod St. on the 19th there were interesting discussions. The result was it was concluded on motion of Dr. J. Harvey Lovell to hold a picnic sometime in June in Northwood Park, Philadelphia. The subject of a Vegetarian Bicycle Club was also considered and subsequently a preliminary meeting for the organization of the Club was called. The subject of the Summer Conference at Mystic was also considered and debated. It was left to the V. S. A. to arrange.

A HOME FOR REFORMERS.

Dr. E. M. Bingham, Springfield, Mass., a most faithful and devoted friend of Hygienic reform, writes in regard to New Crange, N. J. 14 miles from New York City Court House, that there are 12,000 acres being developed for a city and a suitable lot is offered for a Sanitarium; a Hygienic College or both. I wish a home for aged reformers could be established there. If any of our wealthy friends feel disposed to endow such an institution, this is a



splendid opportunity. Those who have spent their lives in the service of reform should not be permitted to want a home in their declining years.

DR. EDNA BINGHAM.

Dr. Edna Bingham a most faithful and zealous laborer for many years in the cause of Hygienic and Vegetarian reform died at South Springfield, Mass., March 1, 1899. We are indebted to Nellie H. Field, her neighbor and friend for this information. Dr. Bingham was the only correspondent in New England who wrote encouragingly of the proposed Conference at Mystic.

IS CHEAP FOOD A DISADVANTAGE?

Because Vegetarians are supplying meals at a cent a plate and a bed for a nickle in Kansas City some of the newspapers construe it into a movement to reduce the wages of workingmen. The same charge was made against the Anti Corn Law league of England. But since bread has become cheap in consequence of free trade, wages have also advanced. The fact is the less it costs him to live the more independent a workingman becomes and he can the more readily demand fair wages. A Vegetarian and teetotaler can insist on justice more successfully than a flesh eater or drunkard.

MERCY TOWARDS FLESH EATERS.

Mrs. Fairchild Allen, the talented editor of *Our Fellow Creatures*, Chicago, has written an able reply to Rev. Josiah Adams, who wrote in the *Dog Fancier* in regard to flesh eating being called "Cannibalism". Mrs. Allen's article being declined by the *Dog Fancier* it has been kindly sent to us for publication. We have carefully read it and while admitting the force of Mrs. Allen's arguments in justification of the use of this word as applicable to flesh eating, and we hope to present them in a

future number, we are not anxious to apply the approbrious term "cannibal" to any of our flesh eating friends believing that their burden is already as heavy as they can bear in view of the recent exposures before the Army Beef Commission and the resulting disclosures.

LUMPY JAW BEEF.

George M. Lecrone, Ex-secretary Illinois State Live Stock Commission writes in the *Democrat and Chronicle*: "This character of diseased meat, if furnished the soldiers, would undoubtedly produce widespread disease in the army. Only those who have witnessed post-mortem inspections of it know of its vile character. The traffic in this meat amounted to hundreds of thousands of dollars annually."

The above remark forms the conclusion of a report in reference to lumpy-jaw cattle slaughtered daily by the packers in Chicago who have become millionaires by the traffic.

THE PEANUT INDUSTRY.

A Peanut Trust with half a million dollars capital has been organized at Norfolk, Va., to control the peanut crop at Virginia and North Carolina. We publish directions for peanut culture with a view to extend the raising of peanuts in all other states so that the Trust cannot control the market. Let every farmer try this crop this season. The price of Peanuts is advancing in consequence of the rapidly increasing demand. Even in places where the yield of nuts is not profitable the vines will be found an excellent fertilizer to plow in, similar to clover, being highly nitrogenous. The agricultural Department, Washington, will furnish information gratis. There is no reason why peanuts should not be extensively grown and become a staple crop throughout the middle and southern states.



EDWIN COLLIER.

On Sunday March 19th, 1899, memorial services were held at the Bible Christian Church, Philadelphia in regard to the recent death of Mr. Edwin Collier of Manchester, England. After describing the Christian character as inculcated in 23rd chapter of St. Matthew, in contrast with that of the Scribes and Pharisees, Mr. Clubb said: "A life of this singular humility and usefulness has just closed in connection with the B. C. Church of England.

On the 11th of February, 1899, Edwin Collier departed this life. He visited this country with his wife some twenty years ago and both left a very favorable impression.

"He was a life long vegetarian. Like King David of old he was of a ruddy, clear complexion. We well remember him over fifty years ago. He was a fine handsome young man but exceedingly modest and apparently unambitious for external show and effect. But he was an admirable example of well poised, self-reliant manhood, and as he grew in years he became a most valuable and efficient member. He also supplied the pulpit of the Church during the vacancy that preceded the advancement to that position of Mr. Clark.

"March 27th will be the 72nd anniversary of his birth having been born in 1827. He was but three month our senior. We were young men together and it gives us pleasure to testify to the truth, uprightness and purity of his life and character.

"He has filled honorable positions both in the Church and the Vegetarian Society of which he was a member from its inception over fifty-two years ago, and his personal appearance added to the force of his arguments in favor of the cause he loved. He was a deacon and trustee of the church

for nearly forty years and an enthusiastic teacher in the Sunday school.

"His five children were brought up in the same faith and practice.

"His personal appearance is described in the *Vegetarian Messenger*: 'Tall and well-built and with a fine head surmounted by a mass of white hair, he looked the personification of vigorous old age.'

"He is believed to be the eldest of the trustees and deacons of that church and probably the oldest member. If that be correct, we are now the oldest member of that church. He has, we have no doubt, been added to the communion of the faithful who have found the blessedness of eternal youth."

THE OLLALA BROTHERHOOD.

Already I see the tendency to clean living. The people here are willing to see truth even if it takes them into an undiscovered country. They eat with us continually and can see for themselves that it is possible to be strong and healthful on simple, clean food.

We have a good deal of fun with our Vegetarian Society Mill. The young folks want to try it, so I tell them to co-operate in this as in other work and a man and then a woman take hold of the handle and the work is done and no one is exhausted. Then of course they must eat some of the bread made of the whole wheat Graham flour.

Thus the good work goes on: another vegetarian has joined the colony and another the brotherhood who very likely will soon begin to work. So you see they are coming.

FOOD, HOME & GARDEN is doing its work coming to the office of the Brotherhood and my two copies find their way elsewhere.—Harriet C. Stein, Ollala, Wash.

HOME DEPARTMENT

DINNER MENU.

	Lentil Soup.	
Creamed Celery.		Parsnip Balls.
	Baked Potatoes.	
Olive Squares.		Nut Sandwiches.
	Apple Tapioca Pudding.	
	Cereal Coffee.	

RECIPES.

Lentil Soup.—Wash and pick over 1 qt. of Egyptian red lentils; set on the fire in four quarts of water, add 2 pounds of turnips, 1 pound of carrots, one Spanish onion, one root of celery, one ounce of parsley, and a little salt. Boil till quite soft, rub through a fine colander adding boiling water as required; return to the pan, season and add one ounce of Nutcoa or butter, and boil for a few minutes.

From Table Talk.

Creamed Celery.—Scrape and cut the celery into inch pieces; stalks which are not sufficiently blanched for use raw or in salads will do. Drop them into boiling water and simmer until tender, about twenty minutes. Drain and to one pint of celery add one cupful of white sauce. Simmer for ten minutes.

Olive Squares.—Chop fine and pound to a pulp two dozen olives and one-half cupful of crisp celery. Add to it $\frac{1}{8}$ of a teaspoonful of made mustard, 1 teaspoonful of tomato catsup, 2 tablespoonfuls of cracker dust and 1 cupful of mayonnaise. Cut the crust from a loaf of brown or entire wheat bread, spread the end of the loaf with a little of the mixture and cut off a thin slice; continue until you have sufficient. Put the slices together as sandwiches and cut in three inch squares.

Parsnip Balls.—Mash fine 1 pint of boiled parsnips, add 2 tablespoonfuls of melted

butter, a seasoning of salt and pepper and 2 tablespoonfuls of cream. Stir over the fire until very hot, take off and add one well-beaten egg. When cold make up into small balls, dip into beaten egg, roll in bread crumbs and fry golden brown in smoking hot fat.

Apple Tapioca Pudding.—Pick over and wash 1 cupful of pearl tapioca then soak over night. Drain, cover with 1 quart of boiling water, add $\frac{1}{2}$ teaspoonful of salt and cook in a double boiler until transparent, which will take fully two hours. Add 1 cupful of sugar and the strained juice of 1 lemon and take from the fire. Core 8 large tart apples, arrange them in a baking-pan and pour over them the tapioca. Bake in a moderate oven until the apples are quite tender and serve cold with sugar and cream.

From G. G. Gibbs, Vail, N. J.

Good Corn Bread.—Sift 1 quart. of corn meal with 2 teaspoonfuls of baking powder. Add 2 tablespoonfuls of melted Nutcoa or Diamond Butter Oil, 1 teaspoonful of salt, 2 eggs and enough sweet milk to make a thin batter. Beat well and bake in a well greased pan in a moderate oven. The bread when baked should not be more than $1\frac{1}{2}$ inches thick to be best.

Doughnuts.—Take 2 eggs, 1 cup of sugar, 2 tablespoonfuls melted Nutcoa, one cup of milk, (or water) 2 cups of flour, 1 teaspoonful of baking powder and a little nutmeg. Beat eggs until light; add sugar, shortening and fluid. Mix; then add flour and baking powder sifted together, beat well, add nutmeg; then add enough more flour to make a soft dough; knead lightly; roll out; cut and fry in very hot Nutcoa.

FOOD HOME AND GARDEN

From E. S. Hotham, Wilkes Barre, Pa.

Composite Cereal Food.—It is not far from the essence of life itself, yet is very simple. Rolled Oats, rolled wheat, both fresh, equal quantities. About enough rice to equal these when cooked. Cook rice in plenty of cold water to mushy consistency. Season, throw in both wheat and oats. Simmer, never boiling, nearly all day. Cook it somewhat dry. Eat some of this hot at night with cold milk. This cold is far superior and more natural to the stomach than corn mush. While on the griddle break it up with a plated fork into small masses.

From Mary Gregorson.

To Cook Greens.—The best way to cook greens is in a rice cooker, or double boiler, in their own juices. First put on the double boiler with water in the lower part only, having the upper part on and covered to get hot. Look over, wash and drain the greens. Put them into a large pan, season with salt to taste, mixing it in thoroughly. When the water boils in the lower part of the boiler, put the greens in to cook. An hour cooks them tender. They are nice eaten with bread spread with nut butter.

Nut Butter.—An excellent nut butter is made of walnuts, peanuts and Brazil nuts in portions to suit the taste, mixed and ground together. Put into a large bowl. If not creamy enough to spread for sandwiches, stir in a few drops of water till sufficiently creamy and smooth.

SALT RISING BREAD.

The newest thing is not always the best. It pays to turn back occasionally and pick up something long since cast away. Twenty years ago I cast away salt rising bread, I mean now to have the old time bread again. Let it forever be called Long Life Bread. It is sweet and has its own peculiar flavor. There is nothing in it which was not at 8 A. M. salt, water and flour, and it is done

at 6 P. M. or earlier. It is well leavened, without sour or poisonous rot in the yeast, and hence must be wholesome, as I find that it is. The trick in making it is to keep the yeast and the dough from getting chilled. It must be kept warm or it will sour. I burn a house lamp under a tin oven, turned half down, and so keep it at an even temperature. I make a large coffee cup half full of thick batter, using a teaspoon which I leave in the yeast until it rises. A very small pinch of salt is dissolved in the warm water, and it is thickened with graham flour; stir four or five times before it begins to rise at about 2 P. M. Meantime put the flour into the oven to warm, to prevent the dough from becoming chilled in the kneading. If it is sweet and good, the yeast rises from the center; if sour it will look blubbery and dabby on the sides of the cup, and not rise more than half the height of sweet yeast. The dough should be well kneaded, and the grain is very fine, and the bread whiter than that made of other yeast. The dough should be made into flat loaves and set back into the oven to rise. It is only kneaded once. It will require nearly two hours to rise in the bakepans, and it must be well up before it is put to bake. If the yeast sours don't spoil the bread with it. Try again, if properly done there is no chance to fail.—A Stranger.

FRUIT COCO.

Our friends at Battle Creek of the Sanitas Food Co. have just invented the above "food beverage" which they claim is a decided improvement on other beverages to supersede tea and coffee. They send sample for two two-cent stamps. We have not seen it yet.

"Do you buy condensed milk, madam?"
"I presume so, I order and pay for two qts. but it never measures more than three pts."

THE GARDEN



SPRING AND SUMMER.

Gentle Spring is opening buds and flowers :
April will aid with sunshine and with showers ;
May will bring Beauty's triumphs: green and white,
Then June with sunshine warm, all hearts delight.

HONEY IN NEW MEXICO.

Producing honey and wax would pay well, if properly handled. I suggest not only basswood (the bee-tree par excellence) as an adjunct to alfalfa and similar bee-pasture, but the introduction of queens and drones, respectively, of bees from Hindostan, (used in the Philippines) and intended to be acclimated in this country, by the federal Agricultural Department because said India bees are very industrious and being larger get deeper into flowers than the Italian bees, which in turn reach farther than the common native workers.

If plantations of catnip might be shielded from cats and other trespassers fancying that plant, a pasture would obtain liked by bees and making fine honey.—R. Hecker.

THE BEST VEGETABLES.

For several years I have experimented with hundreds of varieties of vegetables and have come to the conclusion that the following are the best varieties for home consumption :

Squashes, Delicata for summer and Pike's Peak for fall and winter.

Melons, Emerald Gem and Osage for musk, and Phinney's Early and Fordhook Early for water.

Pumpkins, Japanese Pie.

Sugar Corn, Crosby, plant every two weeks till middle of July.

Peas, American Wonder and Black Eye Marrowfat.

Onions, Red Globe; it is very large, mild and tender.

Beets, Edmand's Blood Turnip.

Cabbage, Jersey Wakefield, Improved American Savoy and Warren.

Beans, Dreer's Improved Lima, Brocton and Scarlet Runner for pole and Boston Favorite, Red Kidney and Navy Pea for bush.

Tomatoes, Dwarf Champion; of twenty varieties tested for two years I do not hesitate to place this at the head of the list.

Turnips, Golden Ball and Improved American Ruta Baga.

Potatoes, New Queen and Chicago Market.

Perhaps some other varieties may produce larger crops than these, but this list is all right for those who are looking for good quality.—J. A. Wilson, Amesbury, Mass.

As a matter of quality we would add the Hubbard, and the Vegetable Marrow to the list of Squash. White silver skin to the list of onions. Early Rose to the list of potatoes.—Ed.

PLANT FRUIT TREES.

Many persons fail to set out trees and vines because they fear they will not live to eat the fruit. Some years ago the writer heard an old man say that he had planted and eaten the fruit of three different orchards, and that at seventy years of age he had planted a fourth orchard for others, but at eighty-seven years he still lives to eat the fruit of his own trees. Strawberries and raspberries bear in abundance the second year after planting; blackberries, currants, grapes and gooseberries the third year. Peach trees will often bear full crops the third year. Early bearing apples, pear and plum trees will often produce abundantly for the family the fourth and fifth years.—Fruit Grower.

FOOD HOME & GARDEN

CULTIVATION OF PEANUTS.

If the land for peanut cultivation has been well prepared before the nuts are planted the after cultivation is very simple and inexpensive. The weeds should be kept down by using a narrow harrow or a double cultivator. Many growers use a one-horse turning plow and bar off the soil from the peanuts when they first come up. Afterward in the cultivation of the white peanut this middle ridge is leveled down with a harrow or double shovel. For the red or upright growers the dirt at the second plowing is usually thrown back to them, if they have attained a height great enough not to be covered up by the process. The peanut will thrive with the same cultivation that is given to corn. Any cultivation is good that will destroy the weeds and keep the land in good tilth, but it must not be extended beyond the period when the peanuts begin to form, and especially must this caution be observed in the case of the trailing or white peanuts. Level cultivation is far better for the white peanut and usually good for the red.

Many years ago it was thought that a necessary requirement in the cultivation of the white peanut was to cover the bloom. This practice has been long discontinued, for it not only does no good, but it does much injury, and decreases the yield of the crop. The spikelets form above ground after the fall of the flowers, but the ground should be soft enough to permit the sharp, thornlike points to penetrate the surface. When once beneath the surface the ovary at the end of the spikelet begins to enlarge and ripens into a pale, yellowish, wrinkled pod, slightly curved, sometimes contracted in the middle, and containing generally two, sometimes three, and rarely four kernels. A dry spring is always desirable for planting and cultivating, but when the spikelets

begin to push down into the ground frequent showers are indispensable to a large yield.

TIME AND METHOD OF PLANTING.

The land for peanuts is usually prepared during the latter part of April after the danger of frost is passed. It could be well broken and finely pulverized with a harrow. For white peanuts of the spreading variety the land is checked off in rows two and one-half to three feet apart, and two kernels, after being carefully hulled by hand, are dropped at the points of intersection of the furrows, like corn, and covered with a hoe to the depth of one and one-half to two inches. In shelling the nuts care must be taken not to break the delicate covering that surrounds the kernels, for this will impair or totally destroy their vitality. If the land after planting should become compacted by a hard rain, a light harrow should be run over it when the land is dry enough to plow, in order to break the obstructing crust, so that the very delicate shoot can make its way to the surface. Red peanuts are planted in ridges, like cotton. The rows are run off three feet apart and four furrows thrown on these. The ridges thus made are opened on top by a bull-tongue plow or colter, and the seed dropped at intervals of eight to twelve inches apart, and covered two inches deep by a board like that employed for covering cotton seed, or it would be better to procure a one-horse corn planter, adjusted so as to open the ridges the proper depth, and to drop the kernels at the required intervals and, at the same time, cover them. About two and one-half bushels in the hull are required to plant an acre. The brown millipede, the cut worm, and the mole are all great enemies of the peanuts when just planted. Replanting should begin if the plant does not appear in ten days.—*Southern Magazine*.

FOOD HOME & GARDEN

A PET FRUIT TREE.

Mr. O. N. Cadwell was a neighbor of ours in Michigan about forty years ago. He went to California and being an intelligent farmer, planted a fruit ranch and now he writes from his beautiful home at Carpinteria, California :

"We have plenty of oranges, some bananas, a few apples, lemons, guavas &c. I

and myself appeared under the orange tree when photo was taken last summer. Our girl stands near with bunch of flowers.

"Beyond the house, to the left hand, appear the tops of some large, live oak trees. The branch of oranges over my right hand is held up with a prop to keep it from breaking off. I picked some of the leaves off so the fruit shows more just there.



send you a photo of one of my pets, an orange tree loaded from the ground up with bushels of oranges. We can find ripe fruit on it any day of the year if we try. You can see me holding up a heavy branch with a load of nearly a bushel or box. The fruit does not show to advantage among the foliage as the leaves look so much like fruit. You can see something how Mrs. C.

"The picture was taken to show the tree and fruit more than anything else. That tree does not cost me half of the work and cash it would to produce a hog that would weigh 250 pounds. It affords us much pleasure when in bloom and fruiting. The blossoms are so fragrant and delightful! Not to be shunned like the odor of a hog-pen!"

Some Health Novelties.

IMPROVED BATH CABINET.

THE PAST YEAR has been prolific in inventions affecting the question of Health, some of which we may here note. The Quaker Vapor Bath Cabinet, which we have been recommending for its high character as to the quality of the rubber material used and the convenience with which it may be packed and carried, has been further improved as shown in the accompanying engraving, by a side opening to facilitate entering and exit. This will add much to



the popularity of the Quaker Vapor Bath. During the epidemic of *La Grippe* lately experienced in Philadelphia, this Vapor Bath proved of inestimable value. One young lady we know who was severely attacked, was given the bath on going to bed and nothing was heard of her until the next morning, when she was up bright and early, and went to her usual occupation as if she had never had *La Grippe* at all.

SAMPLES BY MAIL.

We are endeavoring to obtain pound rates for all the goods and foods we supply by express. But in the meantime, we will send samples by mail of articles made by the Vegetarian Society Mill as follows:

1 CT. STAMPS

4 ounces	Whole-wheat Graham flour,	10
4 "	Pure Peanut Butter,	10
4 "	Penola (Parched Corn),	10
4 "	Nut Cheese,	20
4 "	Walnut and Peanut Butter,	12

PENOLA.

We have obtained an exceedingly choice quality of white corn with which we produce on our electric power mill the finest Penola we have ever tasted. We will send a 5 lb. bag of this for 25 cents. It can be sent with small orders for nutcoa, peanut butter and diamond butter oil with but little more expense for expressage. It has a very agreeable odor and flavor.

WHOLE-WHEAT GRAHAM.

Our whole-wheat Graham flour is becoming quite popular. We are frequently asked to supply it. Now, with our new power-mill, we can do so. We will send 5 lb. bags for 25 cents. It is made of the best wheat from which all cockle and other objectionable materials are carefully removed

before grinding. The wheat is also put through a special machine for rubbing off the beard. This quantity will enable any person to try it for gems or bread. It is adapted to making an excellent batch of salt-rising bread. (See Home Department, page 60.) The chief merit of this flour is that the bran is not extracted but ground fine so that it does not irritate, but will yield its nutritive properties for the building up of the muscles and harder portions of the body.

ONE POUND A MINUTE.

With our new power mill (No. 4 in the mill pamphlet), we can reduce roasted, shelled or blanched peanuts to the finest and softest butter at the rate of one pound a minute, and the odor arising from the fresh ground nuts is delightful. Our aim is to make pure peanut butter as cheap and cheaper than dairy butter, and to do this we sell a box of 12 one-pint glass cans, containing about 1 lb. 3 ozs. each for \$3.00, or a half dozen quart cans for the same price. The latter is preferable for transportation and expressage. We can send such a package to any railroad station in or near Philadelphia without cost for expressage. Send \$3.00 and state what railroad station you wish the package sent to. This free transportation by package express only applies to direct orders for consumers and not to orders for dealers in or sellers of the article. The order should never be for less than one dollar's worth.

WESTRUP'S HYGIENIC INSOLE.

Another article of great utility is a new Hygienic Insole, invented by our Vegetarian friend, Mr. Westrup. We have been trying these insoles and found them exceedingly comfortable, especially in the damp wintery weather we have been having during February, 1899. They are made of a non-conducting inorganic substance, rendering them cooler in summer and warmer in winter than the leather sole, and being quite thin and light, they can be used in shoes that fit pretty well without insoles. They absorb the moisture from the foot and can be replaced with new ones as often as desired, thus contributing to health as well as comfort. Send size of shoe worn and state whether round or pointed toes are wanted and six cents in stamps and they will be sent by mail to your own address.

GOSPEL HELP MISSION.--VEGETARIAN.

Under the auspices of the Gospel Help Mission, of which E. A. Merrill, 1724 North Fifteenth Street, is superintendent, there is a house of refuge established at 210 North Second Street, Philadelphia. It has been successfully running during this severe winter and has rescued many men from cold, hunger and attendant evils, sin and misery. The ground floor is a room, formerly a store, that will accommodate an audience of about 100 persons. From 75 to 100 have attended nightly and the meetings have been conducted by Mr. W. F. Schwartz, an evangelist, Mr. J. G. Hanna, a nurse of considerable hygienic experience, and Mr. W. F. Caldwell, cook. During the day meals are being served on the second floor to about 100 to 150 persons at the following low prices: 2 rolls, 1 cent; Cereal Coffee, Bowl of Bean or Pea Soup, at one cent each; Bowl of stew and rolls, five



cents; Bowl of oatmeal, milk and sugar, two cents; Lodging, night or day, including bath, bed, cereal coffee and rolls, ten cents; Shelter, with cereal coffee and rolls, five cents.

We visited the mission and found it conducted in a very orderly manner by young men who are gaining missionary experience. Everything is clean, and men are required to bathe before going to bed. Working men are learning to appreciate this excellent arrangement and they say when they live on this Vegetarian fare they lose desire for intoxicating liquor, having no abnormal thirst created by the food. No fish, flesh or fowl is permitted to enter the establishment. Visitors are made welcome and can try the fare. For five cents a very substantial meal can be enjoyed. It is contemplated to use the ground floor for a Vegetarian restaurant during the summer months, with a more varied menu but with very moderate prices.



LILI LEHMANN.

FOOD, HOME AND GARDEN.

VOL. III, NEW SERIES, No. 28.

MAY, 1899.

WHOLE NUMBER 101.

LILI LEHMANN, THE PRIMA DONNA.

THE New York newspapers have recently published as startling news that Lili Lehmann is a Vegetarian. This fact was published in the *Vegetarian Review*, London, in May, 1897, under the head of the German Vegetarian Movement. We now present her portrait which shows she is a substantial as well as a beautiful woman, such as must make a powerful impression wherever seen. The New York *Herald* relates the following:

"Mme. Lehmann, several years ago, was prostrated by a severe illness, and was off the stage for a long time. She even despaired of regaining her health and being able to resume her career. At that critical moment two of her friends advised her to become a Vegetarian. She followed their advice with most beneficial results. One advantage she derived from it is that on the day on which she sings she is not obliged to change her diet. Here is something that she has to say on the topic:

" 'The days on which I sing,' said Mme. Lehmann, 'I vary my mode of life hardly a jot. For five years I have been a Vegetarian. What a glorious word for those who, like myself, can utter it with such a feeling of exultation! My shattered nerves had kept me for a long time on a bed of illness. It seemed impossible for me to recover from attacks of heart palpitation, dizziness and fainting spells.

" 'Finally Eugen d'Albert and Professor Klindworth recommended me to become a Vegetarian. Though I had a kind of mysterious repugnance to the idea of giving up my rare beefsteak, to which I had become

accustomed, especially in America, and feared that I might be attacked with weakness in consequence, I gathered my energies together and began one day to live only on vegetables and fruit.

" 'What happened? It agreed admirably with me. True, the first two or three days I couldn't get rid of the idea that I didn't feel satisfied. But by the fourth day I was accustomed to it, and after a fortnight the attacks of dizziness and fainting and heart palpitation had ceased. I was a free being, cured of all my troubles, which had been playing me such bad tricks.

WON'T EAT HER FELLOW CREATURES.

" 'In addition to this I must not underestimate the satisfaction I feel in knowing when I sit down to a meal that I am not eating my fellow creatures, and that in order to satisfy my appetite, no harm has come them.

" 'But you want to know principally what I eat and drink the days I sing. Whether I sing or not my diet remains the same. I carry out the same programme, and that suits me perfectly. If I happen to be at home I rise very early—at six or half-past seven o'clock—go into my garden and work there among my plants and flowers.

" 'If the weather is bad I write a good deal. At half-past seven I drink a glass of milk, eat a little rye bread and now and then some fruit.

" 'Usually I dine at noon, but when I sing in the evenings, an hour later. I take a plate of vegetable or rice soup, then I eat a plate of vegetables. At four o'clock I have a cup of milk, and at seven o'clock eat some green salad, a couple of eggs or

FOOD HOME AND GARDEN

cheese. At odd intervals during the day I have fruit. Perhaps twice a year I eat fish, but I don't care for it much, and only take it when I can find nothing else.

"With one plate of rice taken in the afternoon I am strong enough to sing Isolde and to stand the strain of all the great roles which last until midnight.

"I never touch alcoholic drinks, never am thirsty, and I have a fine buoyant feeling when I am out walking. Every morning I go through calisthenics, take a swim when I can, otherwise cold baths, work a great deal in the garden and indoors. I no longer know what fatigue is since I've become a Vegetarian and can stand a great deal more both mentally and bodily. Therefore I can highly recommend this mode of life. Simple as it is, its effect upon the soul is most stimulating."

The *Vegetarian Review* two years ago, gave the following from Lili Lehmann as "A Vocalist's Testimony." Miss Lehmann is quoted as saying:

"I had been very nervous for a number of years, and therefore wholly withdrew from society, and devoted myself solely to my art and very straining professional calling. My nervous condition so got the upper hand, that I suffered for days and nights from dreadful headaches before each *role* I had to play; and I could scarcely breathe for nervousness before singing. In short I was in a frightful condition, when I suddenly became affected with weakness of the heart, and suffered for several years, in spite of all care and rest, only very slowly recovering. Eugen d'Albert and Prof. Klindworth had previously repeatedly urged me to become a Vegetarian, but as I had always been a hearty flesh-eater, I could not make up my mind to live upon vegetables *alone*, although I had ever eaten largely both of vegetables and fruit. Two years ago, however, I resolved to try the diet for a few days. The first two days I seemed to be always hungry and never satisfied, but after another couple of days this feeling disappeared. In a fortnight I had the satisfaction of remarking how extraordinarily well the diet suited me. My fainting fits ceased, and the excitement before singing

equally so; for I made a trial at a benevolent society's concert at Kroll's, and found I could sing with perfect quietness. I experience the remarkable influence of the diet upon me every day, and am heartily grateful to my two advisers, before mentioned. I feel much easier, and am truly a younger person. I can endure far more, and feel decidedly in every way *much* better.

"I must say, however, that I am not quite so consistent as many. Now and again I may take meat-broth with barley, rice, or the like; I eat vegetables and much fruit, both raw and stewed. I drink milk instead of coffee and tea. I experience, however, not the least thirst either at lunch or dinner. For months often, with the exception of a cup of milk in the morning and afternoon, I drink absolutely *nothing*.

"I am doubly delighted about the Vegetarian diet, because then one has no longer to reflect that one eats the corpses of animals which have to undergo the most horrible torture before death, and that is an elevating and happy feeling. The quieting influence of a Vegetarian diet on the mind enables us to believe that a partially Vegetarian diet would be of the greatest service to the people, since sensuality would be lessened and drunkenness checked.

"Through the barbarity with which animals are treated, and which by flesh-eating is always increasing, people have become dreadfully brutalized: and this raw character leads always to further crimes, and excesses having horrible results. It has been proved statistically that a higher percentage of murders are committed by butchers than by any other class; probably because they are continually engaged in the cruel occupation of slaughter. Further, it has been shown that criminals of all kinds are *always* also torturers of animals; and in this relation, unfortunately, nothing is being done to educate the human heart. Humanity should be taught in *schools*, and every child should pledge itself never to torture an animal, but, on the contrary, to be its protector."

Bands of Mercy are being organized in San Francisco, Cal., by Miss McGuire.

May,

FOOD HOME & GARDEN

PHYSIOLOGY AS TO FOOD.

BY DR. J. HARVEY LOVELL.

Except in the selection and mastication of our food, the processes of digestion and assimilation go on independent of our own will, but in these enough mistakes occur to cause much misery. Nature provides ample guides in the selection of food, but the influence of custom, heredity and erroneous habits has perverted these natural guides, and appetites and tastes instead of being infallible, have become in most cases vitiated and consequently misleading. Hence our preferences require the exercise of impartial judgment by the exercise of which the integrity of taste and appetite may be re-established and then taste and appetite being in harmony with science and correct judgment, will be unerring guides in selecting our food.

As shown in a previous number of OUR POSTSCRIPT, the science of comparative anatomy establishes the fact that man is naturally a grain, fruit and nut eating animal, therefore if we desire to conform to nature we must observe this fact in the selection of food.

But in making a selection from grain, fruit and nuts, it is important that these be thoroughly masticated, and as many persons have imperfect teeth, artificial mastication has to be resorted to, especially in the case of grain and nuts, which should be finely ground in order to yield their valuable store of nutritive elements. Mastication even with well pulverized food is important in order to thoroughly mix the saliva with the food and thus prepare it for the digestive process in the stomach, which consists of a thorough blending of it with the gastric juice. As each kind of food provides gastric juice adapted to its own digestion, a change from one kind of food to another may produce an impression that the new

kind is not as digestible as that to which the stomach has been accustomed, so that perseverance in a change of diet sufficiently long to enable the system to prepare for the new habits is necessary. But changing from an unnatural to a natural food soon provides for itself, and professional people, vocalists, public speakers and business men especially, soon find great relief and quickly experience great benefit from the change.

The processes of digestion and also of elimination are greatly aided by the use of whole wheat instead of white flour so commonly used in bread making, and the very prevalent disease, constipation, is overcome. So important is it that all the elements contained in wheat be taken that to assist in providing whole wheat Graham flour, that the Vegetarian Society of America furnishes a mill to be driven by hand or other power, by which the bran as well as the white portion of the wheat is reduced to a fine powder, forming a flour that is rich in nitrogen as well as starch, and is free from the objection usually raised against ordinary Graham flour, that it is too stimulating in certain conditions of the mucous membrane.

Fortunately the same mill is admirably adapted to nut grinding, so that it supplies both bread and (nut) butter to its operator. Fruit, fresh and ripe, dried or canned, can be obtained at all seasons of the year, and by the aid of recipes supplied gratuitously in the pamphlet relating to the Vegetarian Society Mill, a trial of Vegetarian practice can be made with every prospect of success. The superiority of Vegetarian fare over one composed of flesh meat in whole or part, will soon become apparent.

The risk of getting diseased meat as shown by the recent investigation into the beef supply of the army of the United States and the fact that the flesh even of healthy animals is productive of those diseases caused by a superfluity of uric acid, rheumatism, Bright's disease, headache and various nervous disorders should induce a fair trial of the Vegetarian system.

FOOD HOME AND GARDEN

THE DUKHOBORS.

Last year we received from our esteemed friend Mrs. Southey, of London, England, a letter setting forth the condition of the persecuted denomination, the Dukhoborts, who, through the intercession of friends, had obtained permission to emigrate from Russia, at their own expense, to escape the penalties from which many of them had suffered for violation of the military service laws. Their offence was refusing on conscientious grounds to perform military service, believing that to bear arms for the purpose of destroying life was a violation of Christian faith and practice, and contrary to the spirit and teaching of Christ. In this letter, Mrs. Southey assured us that the Dukhobors were conscientiously and religiously devoted to Vegetarianism, being opposed to killing in every form.

We passed the letter over to our friends of the Universal Peace Union and the matter has been especially taken up by the Society of Friends, who have tendered substantial aid.

The Canadian Government has been induced to make these people a large grant of land in the vicinity of Yorkton, Assiniboia District, the terminus of the Manitoba and Northwestern Railroad, at which place contributions of seeds, implements of agriculture and gardening, and such other articles as will be useful to early settlers in a new country, will be received by the immigration agent, Mr. Cerear, at Yorkton, but the bills of lading should be made out in favor of Simon Lazareff, who represents the colony.

From an article by Joseph Elkinton, published in the *American Friend* (3d mo. 16), we learn that early in the last century, three Cossacks of the Don obtained a copy of the Scriptures, and from reading it came to the conviction that the doctrines and practices

of the Greek Church did not represent those of the New Testament. They refused military service and their followers underwent persecution. In 1816, Alexander I admitted that "all measures of severity exhausted upon the Spirit wrestlers during 30 years up to 1801 did not destroy the sect, but more and more multiplied the number of its adherents." Nicholas, with less patience, transferred these people from the Crimean to the Trans-Caucasus, west of Tiflis. This was in 1840-50. Here they were subject to the cruel treatment of wild and war-like tribes, but they transformed that wildness into flourishing colonies. Being an industrious, thrifty people, they submitted to the military service law for a time, but through the exhortations and faithfulness of some of their own community and the encouragement of Prince A. D. Hilkoﬀ, they became more loyal to their principles as opposed to war, also renounced tobacco and wine, flesh-meat and every kind of excess, dividing up all their property and so supplying the needs of those who were then in want. In 1895 they burnt their fire-arms which precipitated a general attack on the part of the government. Four hundred families of these inoffensive peasants in one district were torn from their prosperous holdings and, after a forced sale for a mere trifle, banished and separated among the Georgian villages. Numerous other outrages followed, so that during the past three years their numbers have been reduced from 20,000 to 10,000, half of their number having perished, and now, about half of the survivors have escaped from Russian tyranny, and about 4000 of them have arrived in Canada and are forming the new colony.

Their faith is simple: it consists in the belief that the Spirit of God is present in the soul of man and directs him by its word within him. They lay stress upon this

May,

FOOD IN THE GARDEN

inward Christ whose coming, teaching and sufferings are fulfilled in and through them by living out the gospel of divine love. On their arrival at Halifax, N. S., they sang a hymn of gratitude for deliverance which reminds one of the Song of Miriam on a similar occasion, when the Israelites had escaped from their pursuers at the Red Sea.

"Their industrious, abstemious manner of living," says the *American Friend*, "has made them a remarkably robust looking people. Many of the men are six feet six inches in height and well proportioned."

Thus in the central part of the American continent a Vegetarian Colony of about 4000 hardy, industrious people is being planted, the effect of which must be largely beneficial in making a practical demonstration of the capacity of Vegetarian practice to build up a large thriving Commonwealth.

The illustrations on pages 79 and 80 have been kindly loaned us by the *Friends' Intelligencer* and *American Friend*, whose efforts on behalf of the Dukhobors are worthy of high commendation, for the enlightenment of mankind.

HYDROPHOBIA.

BY G. G. HEID.

Some men are full of aches and ills,
Of colic, gout and cramp;
Of rheumatism, fevers, chills
And pains of every stamp.

Diseases trouble ev'ry race,
Its very strength they gnaw;
But none so much in every place
As hydrophobia!

Not hydrophobia produced
By rabid canine's bites,
These animals so much abused,
Cause not the only frights.

The "fear of water" seems to be
A Universal ill;
And ev'rywhere this dread we see
The minds of persons fill.

The "fear of water" is so great
That ev'rywhere we find

Few men who dare to take it straight,
E'en though they're so inclined.

And even women seem to think
Their health would not endure
If they would for their daily drink,
Partake of water pure.

They must have coffee, milk or tea,
Or cocoa at each meal;
Should they drink water, you would see
How weak they all would feel.

And most all men could never think
Of taking water pure,
And use it for their daily drink;
'Twould be their ruin sure.

They must have brandy, beer or wine,
To quench their thirst, 'tis clear;
To drink pure water when they dine
Would make them sick, they fear.

The children, too, no longer care
To drink the water pure;
They doctor it with cordials rare,
If such they can procure.

With soda or with lemonade
They want to satisfy
Their thirst, for they are much afraid
The water pure to try.

And everybody seems to think,
Though water was here first,
That it's not fit for man to drink
To satisfy his thirst.

For by their acts they seem to fear
And many even say
That danger lurks in water clear
Or turbid, either way.

A wonder that the clouds permit
Pure water to descend
On earth, since it seems so unfit
On man's thirst to attend

And yet we'll venture to declare,
In spite of all that's said,
With water all would better fare
And have a clearer head.

Digestion would be strengthened by
The use of water pure;
All could on better health rely,
'Twould often work a cure.

There is no drink to satisfy
The thirst of man so well
As water, when he's really dry,
Which ev'ry one can tell.

By giving it a trial fair
When he is really dry;
And if kept up, no one will care
A substitute to try.

Stand by pure water! never mind
What scientists (?) may say;
Just drink it straight and you will find
You'll gain health every day.

FOOD HOME AND GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

Our census returns come in but slowly. Why do not more Vegetarians send for blanks to aid in this important enumeration?

The *Journal of Zoophily* concludes an article on the Armour beef scandal as follows: "We think that those who partake freely of beef in these days are running a great risk of injury to their health."

The Dukhobors will certainly require school teachers as they must now teach their children the English language. A nice chance for young Vegetarian ladies who desire to be well employed.

The address of the College of Psychical Sciences advertised on page 5 (next to back of cover) should be changed to Syracuse, N. Y. and that of the College of Occult Forces (on the same page) should be 1130 North Kedzie ave., Chicago.

Mr. Arthur Haviland, N. Y. writes: "There is a good chance of a summer home being opened this season for Vegetarian boarders on the hill country north of N. Y. City. If it is done for one season, I should think it would be a good thing to keep agoing to firmly establish it."

The Dukhobors are so called because it is Russia for "Spirit Wrestlers." The denomination has existed 150 years. It originated with the warlike don Cossacks from which

they have been transformed to the lovers of peace by the direct effect of following the Bible teaching in their daily habits of life.

The article on "Physiology as to Food" by Dr. J. Harvey Lovell is reprinted as No. 4 of "Our Postscript." Will our friends aid us in the circulation of these tracts? Every letter sent out should contain one at least.

Canada, by a liberal policy towards the Dukhobors has secured a very substantial addition to her population. Will the United States make the Vegetarians of this and other countries as good an offer? All who desire to join in an application to the U. S. for a grant of a township of land for a Vegetarian Colony please send us their names and state where they would like to be located.

The *Morehead* (Kansas) *Searchlight* is publishing a series of articles entitled *Morehead* in 1908 in which the use of artificial meat is referred to as better than the common beef-steak. Our friends need not wait till 1908 to enjoy artificial meat. It is already manufactured and in use. We had some at the Gospel Help Mission elsewhere referred to.

The *Friend* has several articles relating to great men: Tolstoi, Oken, and Agassiz written in such a manner as to convey the impression that abstaining from flesh even for a day is an act of self-denial! To us and we presume to other Vegetarians, it is a continual joy and would require a sacrifice to eat flesh, no only of an animal but of our own most cherished feelings.

HAM POISONING.

A doctor and family are reported by the *Boston Post*, of April, 17th as having been poisoned by eating "canned deviled ham"

May,

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Dr. A. G. Tremblay is dead and his wife and children are almost fatally sick after eating this "delicacy."

PHILA. VEGETARIAN SOCIETY.

The April meeting was held on the 20th at 1023 Foulkrod street, Frankford. Several accessions were made to membership. Addresses were made by Rev. H. S. Clubb, who presided; by Messrs. Hanna and Caldwell, of the Gospel Help Mission; Mr. Thomas James, of Chicago, who has, we hope, come to remain in Philadelphia; Mr. Wilcox, of Frankford, and Sarah Hall. Mr. E. F. Metcalfe favored the meeting by leading at the organ, and "My Country 'tis of Thee" was sung by the audience all standing. Mission work and Vegetarian restaurants were discussed and a cordial sentiment of unity was manifested. We hope our friends throughout the city will endeavor to attend these monthly meetings, as practical results are anticipated.

FLESH EATING AND CANCER.

The *New York Herald* of March 12, published a prominent article headed "Too much animal food, the doctors say." It gives statements from Drs. Verneuil, of Paris, and R. Williams, of London, attributing cancer to a greedy consumption of meat, in fact, regarding meat as the originator of that terrible disease. We know a case of cure from cancer by simply abstaining from flesh-meat. The deaths from cancer in England have increased 20,735 a year since 1840, and the annual consumption of flesh-meat has just doubled in that period, being now 131 pounds per capita, while the deaths from cancer are four and a half times more numerous. The article concluded with the statement that "gout, cancer and liver and heart troubles would be much rarer if we drank less and ate a great deal less meat."

HORSE MEAT IN N. Y. AND N. J.

The *New York Herald* of March 12, published a description of the slaughter-houses between Jersey and Newark, at Kearney, where horses are slaughtered. It also states the same business is carried on at Maspeth and various other parts of greater New York. The horse meat is canned or made into bolognas. These places are called "Horse Factories" and "Bologna Factories." It is said there is no law by which these factories can be closed, but that the sale of horse meat is prohibited by law. The canning and shipping to a foreign market is not prohibited and is a very profitable business. But notwithstanding the law, the product can be seen at the saloons that keep "free lunch counters" in Newark. The *Herald* gave illustrations, showing slaughter houses, etc. We have only room for

A TYPICAL HORSE BUTCHER.



The V. S. A. has achieved a good point of advantage in having "butter made from nuts" placed on the same list as common butter for pound rates. See page 2 of cover.

FOOD HOME & GARDEN

WM. D. BREWER, JR.

Born March 31, 1863; physically slender and delicate. At 13 he had lung fever. Was a bright scholar at Chancey Hall, private school, and entered Harvard University at 18. Four years at the regular course and three years at the law school and then admitted to the Massachusetts Bar. Was conversant with five languages including the Russian. Seven years ago he commenced the Vegetarian practice and was instrumental in the re-establishment of the Boston Vegetarian Society two years ago. He was quite a student and a musician. Frequently favored us with useful selections and occasional original contributions. He resided at West Newton, but went with his mother to their cottage at Center Harbor, N. H. June 6th, 1898, having bleeding at the lungs which proved fatal Oct. 23, 1898. Wm. D. Brewer, Sr., his father, writes very affectionately of his son whom we always highly esteemed as a most intelligent correspondent and zealous member of the Vegetarian Society of America.

LILI LEHMANN IN NEW YORK.

The *Scientific American*, in reporting the proceedings of the N. Y. State Audobon Society at the lecture room of the American Museum of Natural History, March 23, states that "the great singer Madam Lili Lehmann was introduced as a distinguished and loyal friend of birds, and she made an excellent address which was very much to the point. She said that in Europe there were many societies for the protection of birds, and they all worked in harmony, and any person could become a member of those societies upon the payment of a nominal sum, equivalent to two or three cents, the main purpose being to enlist all kinds of people in the movement for the protection of birds. She said that she was sorry to learn that there were no places in Central

Park expressly for the purpose of feeding birds. She had eight such places in her garden where the birds may come and be fed. She said there were 25,000,000 useful birds slaughtered annually for use on women's bonnets, and that farmers were already suffering from it and that 'women enjoy wearing feathers like savages.' Flowers and ribbons were a thousand times more beautiful and more becoming. It is the duty of every woman to battle against this grewsome folly. For years Madam Lehmann's hats have not had feathers."

SHALL WE UNITE?

Organizations for the promotion of health are accumulating with great rapidity. Almost every health journal has a Chautauqua school in process of formation while some newspapers notably the *Inter Ocean*, Chicago, has a "Home Health Club of large proportions. The Hundred Year Club, the Ralston Club and many others are flourishing institutions. In union there is strength. Shall this strength be secured?

A LARGE VEGETARIAN COLONY.

The Canadian Government has granted a township consisting of thirty-six square miles of rich Manitoba soil at Winnipeg to the Dukhobortsi for their Vegetarian Colony and erected huts upon it to accommodate 5000 immigrants. Twenty-five hundred are already on the ground and others are on the way that will occupy the remaining huts. The Friends in Philadelphia have already raised \$5000 to aid these people and the cost of their transportation from England was paid by Friends, Dunkers and Memonites in this country and Friends in England paid their transportation from Russia to England. The Dukhobors now ask for a loan which they intend to pay back after they have raised and harvested enough to do so.

HOME DEPARTMENT

SURPRISE PARTY BIRTHDAY SUPPER.

MENU.

Lentil Croquettes. Tomato Sauce.
Canned Sweet Peas. Baked Bananas. Mashed Potatoes.
Salad: Celery on Lettuce. (a)
Stewed Figs.

A QUICK SUPPER.

MENU.

Fried Sweet Potatoes.
Canned String Beans. Watercress Salad. (b)
Corn Cakes, (from canned corn.)
Canned Peas. French Fried Potatoes.
Salad: Dandelion, with garlic (c)
Canned Apricots.

A friend ate of these three salads and he said of

- (a) "A delicious salad."
- (b) "The most delicious salad I ever ate."
- (c) "By Jove! I did not know you could make such a salad."

The above menus were used on the occasion of Mrs. Haviland's Birthday, March 9th, 1899. The first was gotten up early in the evening to which Mrs. Haviland had invited ten people. Mr. Haviland arranged a surprise party of twenty more at 8 P. M. In regard to the evening refreshments Mr. Haviland writes:

"I prepared sandwiches of 1. olives with capers. 2. Cheese. 3. Peanut Butter. 4. Dates with Brazil nuts. No. 1 was said to be delicious and no. 4 "grand." The salad was a la Marguerite, containing anything that was good, a little tart, quite refreshing, and so good that they asked for more. Then cream and cakes. The company was selected for goodfellowship and musical ability and they amused themselves immensely. Brunswick was in good form, Scott and C. A. Montgomery were here."

RECIPES.

From *Good Health*.

Stewed Peanuts.—Shell the raw nuts, and blanch by pouring boiling water over them. After they have stood a few min-

utes, the skins can be easily rubbed off. Add to a pint of the blanched nuts about two quarts of water, put them into a bean pot; heat to boiling; then place in a slow oven, and cook for nine or ten hours. When done, they should be soft, mealy, and rich with juice. No seasoning except a little salt will be required.

White Corn Meal Cake.—Pour one cup of scalding milk very gradually over one-half cupful of white corn meal. Stir it until perfectly smooth and thoroughly mixed, add 1 teaspoon of salt, and pour it into a buttered pan to the depth of half an inch. Bake it about twenty minutes in a moderate oven. Split it open and spread with butter. There will be hardly more than two crusts, which those who enjoy Southern hoecake will find delicious. Be sure that the pan is large enough so that it will spread thin.

Strawberry Fritters.—Use large berries, washed, stemmed and placed on a cloth to dry. Make a batter with two eggs, whites and yolks beaten together: four tablespoonfuls of milk, a piece of butter the size of a walnut; a pinch of salt, and a scant teaspoonful of baking powder, mixed in about a cup of flour. Drop in the batter two or three berries at a time, taking out at once in a large spoonful to cook quickly in very hot oil. Send to the table hot and dusted thickly with powdered sugar.

Oyster Plant Soup.—Scrape twelve good sized roots of oyster plants or salsify and throw them at once into cold water. Cut into thin slices, cover with 1 quart of water and cook gently for an hour. Add 1 quart of milk, two tablespoons of butter and seasoning. Serve with crackers.

FOOD HOME & GARDEN

NUTCOA IN MAINE.

I wish to say that since using Nutcoa for shortening I find it superior to cow's butter in two ways, it requires less and gives a fine rich taste to entire wheat flour gems, and to sweet bread made therefrom, and in pie crust it bakes white instead of brown as when shortened with lard.—H. A. Bradbury, Norway, Maine.

MAKING MALT AT HOME.

W. D. Chapman, Tampa, Florida, asks for working instructions for the home production of malt and malted grains. The usual process of making malt is to soak barley in water and spread it out on a floor for about 9 days or until it sends out sprouts. Then spread it in bake pans and put it in the oven to bake until dry, rub off the sprouts and sweet malt is the result. A little experience will be the best guide as to the time and degree of heat required. We have had no experience with malting nuts or other seeds.

PEA AND BEAN FLOUR.

A correspondent sends the following: "Pea and bean flour are kept on sale in Europe as much as oatmeal or pearl barley. They can be used to give "body" to soups and in other ways. They do not require very long cooking, being in this matter a great improvement over the unground peas.

PORTABLE BEAN SOUP

Is also frequently on sale, and forms a part of the soldiers "rations" in some countries. A small brick of it can be quickly made into soup with some hot water. They are useful in many households for extempore meals and for hunters and picnic parties.

OTHER PORTABLE SOUPS.

Those I have seen were made of pea or bean flour, dried and desecated tomatoes and other vegetables, seasonings etc. combined into a brick by the use of animal fat.

All the advantages could be obtained by substituting some vegetable oil at the time of cooking with the advantage, besides cleanliness and wholesomeness, of being in a form to keep indefinitely; there being no animal product to become stale or rancid.

CORN STARCH NO. 1.

Farmers can if they choose have always a supply of corn starch without paying for one or two pounds the price many of them receive for a whole bushel of corn in their local market. The requisites are field corn in the "milk" state, an abundance of clean water, and sunshine."

Pea and bean flour can be made with a Vegetarian Society Mill.

From May Yates, Supt. Food Reform Department of the World's W. C. T. U.

WHOLE WHEAT-MEAL BREAD.

Good bread has such an important influence on the health of the nation, that all interested in its welfare should use every effort to procure the general use of the whole-meal bread, which is alone worthy of being called the "staff of life."

The utilization of the whole grain would almost double our resources. Only 75 lbs. of white flour is usually obtained from 100 lbs. of wheat, whilst the 25 lbs. rejected are most valuable, as they contain a large proportion of the substances which form brains, nerves, bones and teeth. One pound of whole-meal contains 119 grains of valuable mineral matter, whilst a pound of white flour only contains 49 grains. Experience proves that a pound of whole wheat finely ground and made into unfermented bread will satisfy hunger better than two pounds of over fermented bread.

Finger Rolls.—Whip up a thin dough with a fork or spoon, sifting in wheat-meal till it becomes quite stiff. Knead well and roll out thin, leave till nearly dry, then work into a roll, 1½ in. diameter; cut into 3 inch length, and bake in a quick oven.

May,

THE GARDEN

THE AROMA STRAWBERRY.

The Southwest a semi-monthly fruit and farm paper, thirty-two large folio pp., devotes a whole number, March 5th, 1899, to the Strawberry, calling it "a special Strawberry number." The information it contains is invaluable to all who grow strawberries either for home consumption or for market. Its illustrations are numerous. We copy one of the Aroma Strawberry one of the best new berries. It is given about its natural size and is highly spoken of.



The Southwest is published at Springfield, Mo., 10 cts. single copy and 75 cts a year. It says truly "the greatest drawback now to the Strawberry industry is the transportation and distribution. Transportation companies conduct their business too much on the theory that they are sure to get the fruit to carry even if they take the lion's share, sometimes all, for transportation. By reason of this short sighted policy they curtail the output and very much retard an industry they would do well to foster." This remark applies with equal force to the peanut butter and all similar industries

where the producers desire to sell as direct as possible to consumers.

EARLY STRAWBERRIES.

Strawberries were 20 cts. a box the first week in April in Philadelphia, but they were small berries. Why do not the growers of early strawberries in the South grow improved varieties and thus enforce a demand? Large strawberries at 20 cts. a box would create a great demand even in April.

GROWN IN HAWAIIAN ISLANDS.

The soil of the Hawaiian Islands is of a very rich volcanic nature and nearly all the plants and trees of the tropical and temperate zones may be grown on it, but only a small portion of the land is under cultivation. When irrigation is perfected there is scarcely a limit to the productive capabilities of the islands.

Citrus fruits, oranges, lemons, limes and grape fruits can be grown, ripening in time to supply the deficiency of the California market when that gives out. All vegetables, breadstuffs, mangoes, dates, figs, pomegranates, mulberries, strawberries, guavas and cocoanuts grow in profusion. There are hundreds of acres of land which might be used for cocoanut groves with great success. Thousands of acres are covered with guavas in the wild state, which are falling to the ground ungathered. The fruit makes a fine jelly and United States capital might make guava jelly factories profitable.

Celery is grown if the proper soil is selected. That this vegetable thrives in a warm climate was proved in Southern California, where five years ago not enough was produced to supply the home market, but now celery raising is a great industry.



From Miss Mary L. Middleton.

OLIVE CULTURE IN CALIFORNIA.

"An olive orchard is a gold mine on the face of the earth."—*Italian Proverb.*

It is only within comparatively recent years that the true value of the olive in California has come to be appreciated. Trees planted a century ago had long suffered neglect. The beauty and profit of olive culture had not yet been demonstrated to the new colonists. Then came a change. Capitol awoke to the fact that in this climate could be raised a fruit superior in size and flavor to the Italian importations. Care of the grand old trees, many of them a century old and still bearing, began to take the place of neglect; new olive plantations sprang up; the industry assumed a definite business aspect; until to-day the growth of the olive on the Pacific slope is of enough importance to cause the European producers grave apprehension.

Italy produces annually seventy million gallons of olive oil; the market value of this oil in Italy is not less than one hundred and twenty million dollars, and that means more money than the value of all the wheat exports of the United States in 1883, and twice the value of the wheat exports of 1888.

The demand for pure olive oil is increasing, and the consumption of the California product will become greater when the American people are educated to the fact that every bottle of alleged olive oil imported to this country is adulterated from forty-five to ninety-five per ct.

Pure olive oil and ripe olives pickled are most wholesome and palatable articles of food. Those whose chief experience of the olive is the large imported berry, pickled green and fit only to be used as a condiment, know little of the value of the ripe olive as food, nutritious as meat and always delicious. Often the Spanish and

Italian peasants make a regular meal of a handful of dried olives and a piece of bread, and an excellent meal it is. For medicinal purposes pure olive oil is now found superior to cod-liver oil, being at the same time palatable and free from subsequent nauseating effects. To quote an eminent physician: "It reconstructs the tissues undergoing waste, and by its nutritious, food-like properties sustains without unnatural stimulation and repairs without disturbance to the vital forces."

Five hundred olive trees were planted at San Fernando Mission in California about the year 1800. There are now left four hundred and fifty. In 1881 the trees were severely pruned, the branches being entirely lopped off and made into firewood. They commenced bearing again the second year after being pruned, and the crop gradually increased, so that it now amounts to upwards of eighteen tons annually. According to tradition, gigantic olive trees yet seen around Tivoli were already old when Romulus traced with a plow the wall of Rome. The old olives, untouched by vandal invaders, respected by the hurricanes of centuries, are there, covering nearly an acre of ground each, vigorous and productive as in the days of Christ.

The average life of the tree, however, is believed to be two hundred and fifty years—which is long enough. Production increases until the age of forty or fifty years. It remains then about the same from year to year, if properly managed, with a perceptible improvement in the oil.—*George Eakins in Forest Leaves.*

Plant Hubbard Squash, as it is equal to sweet potatoes and of a finer flavor than common squash for pies. It is not as common in the Eastern Markets as it should be.



GROUP OF DUKHOBOR WOMEN AND CHILDREN AT HALIFAX, FEBRUARY 17, 1899.



**GROUP OF DUKHOBOR WOMEN, AT HALIFAX. FEBRUARY 17, 1899,
GATHERING SNOW (WATER WAS SCARCE).**



LANDING OF THE DUKHOBORS AT HALIFAX, FEBRUARY 17, 1899.

VEGETARIAN SOCIETY NUT BUTTER.

The Nut Butter of the Vegetarian Society is made in the Vegetarian Society Mill and is free from all adulteration. No water, no salt and no preservative chemicals are used in its preparation. It is therefore called **PURE** because it is **PURE**. Nothing but the best of nut meats are used in its manufacture. Nut Butter makes dainty sandwiches for lunches, picnics, afternoon teas, etc. It is also fine for flavoring cake, gravy or salad dressing.

Testimonials.

The following testimonials have been received from those who are continually using the Butter:

We do like your nut food very much.—Miss Lilyan Richards, 33 W. 34th St., New York City.

The Peanut Butter I have from you is excellent.—Mrs. S. A. Albright, 60 E. Ellis Street, Atlanta, Ga.

Enclosed find \$6.00 for one dozen quart jars of Peanut Butter. I know by the can I had it will be satisfactory.—G. G. Gibbs, Vail, N. J.

The Peanut Butter is fine, and how much we enjoy it. I do not see how you can afford to sell it for that money. There are lots of Peanut Butter sold here, but we prefer getting it from you, as then we know it is absolutely pure and clean.—Mrs. Anna Wilkins, 937 S Street, N. W., Washington, D. C.

The Peanut Butter came all safely and I think it by far the best that I have had and shall patronize thee in the future, when these three jars are empty. I have a brother-in-law who is using Nut Butter and will write to him to send and try thy make. He has been a strict Vegetarian over thirty years. No doubt he will want some from

thee. Like myself, he prefers the pure article.—Mrs. R. H. Passmore, 628 South Walnut Street, West Chester, Pa.

The Butter is put up in pint and quart air-tight glass cans and if kept in a cool place will keep good indefinitely. Also in half-pint glass jars which keep good as long as so small a quantity is required to be kept. For distant shipment, pint and quart cans are best.

Prices.

Pure Peanut Butter.

For 1 small glass,	-	-	15 cents.
" 1 pint can,	-	-	30 cents.
" 1 quart can,	-	-	60 cents.
" 12 pint cans,	-	-	\$3.00.
" 12 quart cans,	-	-	6.00.

Pure Almond Butter.

For 1 small glass,	-	-	35 cents.
" 1 pint can,	-	-	65 cents.
" 1 quart can,	-	-	\$1.25.
" 12 pint cans,	-	-	7.50.

NUT CHEESE is the same price as Almond Butter.

Other kinds of Nut Butter made to order.

These prices are about half the retail prices usually charged for the similar goods by the regular grocery trade. We prefer to sell direct to consumers. For orders amounting to one dollar and upward we supply consumers free of charge to any of the railroad stations to which such packages are taken in baggage cars. Orders should be accompanied by check or money order, and the name of the railroad station near Philadelphia where they are to be called for. For more distant places state whether Adams or the United States Express is preferred. The same express rate is charged for butter made from nuts as for common dairy butter.

Address The Vegetarian Society of America,

1023 FOULKROD STREET, STATION F, PHILA., PA.

FOOD, HOME AND GARDEN.

VOL. III, NEW SERIES, No. 29.

JUNE, 1899.

WHOLE NUMBER 102.

SARA THACKER.

MRS SARA THACKER, the writer of *Logos of the New Dispensation of Time*, is a Vegetarian of very remarkable experience. Born in California, but left that state when quite young, and returned after eighteen year's absence, during which time she had done considerable commercial traveling, she concluded to "solve the problem of life." Although her education has been chiefly acquired by her own unaided efforts, she had been a school teacher many years. This studying alone became a confirmed habit and led eventually to her adopting the life of a hermit. She determined to live the noblest life possible according to her highest ideal. From early childhood she possessed remarkably clear perception and sometimes could see visions of beautiful flowers, birds and people amid scenes of loveliness, so that her ideality was of an exalted and pure nature. If in trouble, she would go to bed, cover herself nearly all over, forget all her trouble and float away to these charming places or bring these scenes to her and after a little while would get up refreshed and ready for her daily duties. "So natural," she says, "was this second sight to me that I thought it a common birthright to all individuals until I was 25 years old," but on reading up on the subject she concluded that clairvoyance was a natural faculty belonging to all human beings, but at present

undeveloped in most people. Her book, *The Logos*, gives much of her religious experience but we have most to do with her dietetic practice, as a part of her efforts to attain the ideal life:

It seemed that every effort I made to carry out my thoughts increased my strength. I had already dropped flesh meat eating, and I felt a greater soul power from the efforts of putting it aside. At that time I often took my meals at restaurants, and when I would sit down at the table I would mentally say to myself, "No dead thing shall enter my mouth. I shall feast on something else and let a corpse alone."

A little while after this beautiful Truth of Being was brought to my mind I could not swallow flesh meat. I had never eaten much, but owing to the common practice of having everything on the table saturated with the products of meat, I had eaten a little all my life up to this time. I had always believed (from a soul sense) that it is contrary to the highest good of man to kill animals and to eat their flesh; and further, that it was not just or right to cut short a life, no matter how inferior it be, in order to feed and pamper ourselves.

But I had never met but two or three persons in all my life up to that time to corroborate my belief, and they were too timid to seldom mention the fact. Neither was I strong enough to boldly live out my thoughts in this respect until I learned the Truth of Being, and found that the injunction, "Thou shalt not kill," has a spirit as well as a letter. In the books that I was reading I recognized a few others who had

FOOD HOME & GARDEN

abandoned flesh meat eating. And, O, what a joy it was to me to know that a few true hearts in the world could and did live above the horrible practice of cutting short the lives of lowly creatures and then feasting on their corpses. This Vegetarian idea was in harmony with my soul, and I never tasted flesh meat again. I resolved I would face the world with strong, clean thoughts of justice and truth, or not at all. No blood should ever again pass my lips.

When the nature of mind is understood, a person will be as horrified to eat the dead flesh of any animal as he would now be to eat the corpse of a human being. The eating of flesh meat blinds the soul.

"What more advance can mortal make in sin?
Death to the calf that lies beneath the knife,
Looks up and from the butcher begs her life.
Death to the harmless kid, who, ere he dies,
All efforts to procure thy pity tries,
And imitates in vain thy children's cries."

In the dead flesh is incorporated the fear and the terrors of death through which the animal passes when it is butchered. These continue in the vital spirit of the animal which does not immediately perish when separated from its body, but remains sometime in the invisible atmosphere. For a time there remains a mental connection between the vital spirit of the animal and the consumer of its flesh; hence sorrow and all the passions are intensified in those who eat the flesh.

Vapors arise from such practices and make clouds on the mind.

There is enough in this world for all—enough of everything for all beings and creatures. Do you believe in justice? If so, suppose you say to yourself, "All creatures on this earth have the same right to existence and to the enjoyment of existence as I have. I do not want their pleasures, and I do not want them to drink my sorrows. I want simply my own, and I am perfectly content to rob no one." "I never want happiness that gives another pain. I wish not happiness from others—only happiness out of the bosom of the great ALL which comes like the red flowers of the oleander."

"No flocks that range the valley free,
To slaughter I condemn;
Taught by the power that pities me,
I learn to pity them."

"Enjoy and let others enjoy. Live and let live. Do more. *Live and help live.* Do to beings below you as you would be done by beings above you."

Her experience as a hermit living alone in a cave and more recently in a log cabin on a government homestead, and her establishment of a college near Applegate, Placer County, California, on a Vegetarian basis and much information as to her philosophy and teaching, her curative methods and her methods of living a purer life, are all well set forth in *The Logos*, which must be read to afford a correct idea of the kind of life she has attained and to which she desires to conduct her pupils. Her college grounds consist of forty acres in proximity to the Post Office and 160 acres a quarter of a mile away over the hill, or one mile by the road. The grounds are beautifully located and afford the basis of what may grow into an important educational center where the ideal Christian life shall be practically taught and the common evils and vulgar errors and fleshly habits of the world overcome.

DIAMOND, THE CENTENARIAN.

In a series of articles on "How to Live a Century," by B. F. Richards, in *The Signs of the Times*, Oakland, California, of February 22, 1899, it is related that:

There is a man living in San Francisco who is a fair sample of what the body will do if we keep it clean, feed it properly, and give it pure water to drink. I have the pleasure of meeting and conversing with this aged gentleman daily while he is eating his meals at the Helping Hand and Medical Mission in San Francisco. And I do not see how I can bestow a greater favor on the readers of this article than by giving in his own words his method of keeping his body in perfect health, even at the remarkable age of nearly 103 years, and by also giving his picture, taken when 65 and 102 years of age respectively. (Pictures on page 95.)

June,

FOOD, HOME & GARDEN

He says: "My name is Goddard Ezekiel Dodge Diamond. My father's family record showed that I was born in Plymouth, Massachusetts, the first day of May, 1796. My parents were Joseph and Mahalla Diamond. The Diamonds were of Scottish ancestry, and my father was of the first American generation, and lived to the ripe old age of 106 years, and died at Huntsville, Alabama, about 1865.

"My mother's maiden name was Allen, and she was a niece of General Ethan Allen, of Ticonderoga fame. Her ancestry on her mother's side was the Cotton's who came over on the Mayflower. So it appears in my veins runs the blood of the Scotch, Irish, Dutch and English, about as desirable mixture as one can wish for ancestry.

"My loss of early education met with some compensation in escaping the poisonous air of the modern day school-rooms, and the retaining of my nervous system intact, instead of being wrecked by an excited pressure of educational stuffing to meet the demands of the text-books, to the exclusion of the application of common sense. Blessed is the youth who enjoys the privilege of country life, runs barefooted and wades every creek and pond in the community.

"While in the South I was employed in the commission business or superintending plantations, and when in the North, I was engaged in building the first railroads in the United States, among them being the railroad from Worcester to Boston, the old colony road from Boston to Plymouth, and the road from Albany, New York, to old Durrripp, now Schenectady. I took part in the construction of the New York and Erie canal, from New York to Buffalo, which I twice assisted to enlarge. When the war began in 1861 I was in St. Louis, engaged in building the Lexington and Farmer City Railroad. As I look back over that long period of long ago—aggregating sixty-five years of my life, and then look at men alongside of me who say they are now sixty-five years old, it seems an incredible thing that my age was then more than threescore years.

"The most memorable campaign in

which I ever engaged was in 1840, when General Harrison was the candidate. In Albany, New York, of that year, I rode in the 'Log Cabin,' drawn by four hundred yoke of oxen, there being four lines of teams of one hundred yoke to the line. Fifty years later I marched in the line of Republicans in San Francisco, who were 'whooping it up' for his grandson, General Benjamin Harrison.

"WHAT I EAT AND DRINK.—That which enters within the man tells the story of building up or tearing down. Breathing, eating and drinking are the three processes of taking into the body the vital forces of nature.

"Three things I have faithfully practiced in the last half century, jointly. The first is that of breathing the freshest air possible, long, deep draughts. The second is the selection and eating of the best bone and blood-making food at my command. The third is the use of pure water at proper time and temperature. When I began to prepare the body for long and healthy life, I left out of my diet slaughtered meats entirely. I saw enough in the flesh of butchered animals while it was hanging in the slaughtering-pens throughout the country to satisfy me that there was more disease and cause for suffering in it than there was food. I eat grains, fruits, nuts and vegetables; I drink boiled or distilled water. I take a sponge bath every night, after which I rub a little olive oil in each of my joints, thus keeping the machinery in good working order.

"I have never used a pipe, cigar or cigarette; never indulged in wine, nor any intoxicating liquor, omitting entirely the use of tea and coffee. None of these things contain food, and nature rebels at their use. There are better uses for our cash. Food is to build up what is daily being torn down, but there is no food in stimulants, and the person who indulges in them cuts short his life, sins against his own body, against his neighbor and against his Maker.

"For more than half a century I have lived the life of a Vegetarian, and I can see no reason why I should not live a long time yet, for I am perfectly well, with not an



organic disease. I eat well, also sleep well, and I look much younger than when I was fifty years old, and I am sure I feel younger, for I was then an old man, with round shoulders and bent form. If I live until the first day of May, 1899, I will be one hundred and three years of age. Next April I will take a bath in the Pacific Ocean at Seal Rock, San Francisco, Cal., and will then start on my long walk to New York City, and will take my next ocean bath in the Atlantic Ocean at Coney Island, New York. I walk about twenty miles each day, so you see I believe in bodily exercise."

Mr. Diamond has, we understand, written a book of his experience, a copy of which we failed to receive, although we wrote him some time ago for the information above published. The strong feature in the case is as shown by the two pictures on page 95, that he has improved in health and appearance since he entirely abandoned the use of flesh meat, and is in better condition for exertion at 103 than he was at 63, 40 years ago. We hope he will accomplish his overland journey as he anticipates, as we may then have the pleasure of meeting him in Philadelphia or New York."

RHEUMATISM & SCROFULA CURED.

I became convinced many years ago that to take life to sustain life was a senseless as well as useless act. I was working in a printing office, and among the exchanges came across a copy of *FOOD, HOME AND GARDEN*, which pleased me very much. Some of the ideas haunted me in my dreams. In 1885 I quit the use of tea and coffee entirely, and have never tasted a drop of either since the day I first said "no more." In 1887 I quit the use of all flesh and have never tasted flesh since. And I have realized that all trouble with my indigestion ceased soon after. All headaches, bad dreams and all rheumatism left me. I was, before quitting meat, down with rheuma-

tism for four months at a time, and could not walk. I had suffered with scrofulous complaints for many years, which I am certain were caused by my parents' meat eating.

Now, I am free from them and have no desire to return to the bondage of disease and death again. Inasmuch as we partake of that which is slain, do we become the slayer. I have become so well, so strong, and with such perfect health that it has become a subject of comment among my friends. My conscience is becoming quite clean from past sins, and all fear and doubts are leaving me. I talk to many and some have followed my example with great success, in regard to health and humanity.—Helen Smith, Applegate, Placer Co., Cal.

CELERY AN ANTIDOTE FOR RHEUMATISM.

Celery is a cure for rheumatism; indeed, it is asserted that the disease is impossible if the vegetable be cooked and freely eaten. The fact that it is always put upon the table raw prevents its therapeutic powers from being known. The celery should be cut into bits, boiled in water until soft, and the water drunk by the patient. Put new milk, with a little flour or nutmeg into a saucepan with the boiled celery, serve it warm, with pieces of toast, eat it with potatoes, and the painful ailment will soon yield. Such is the declaration of a physician who has again and again tried the experiment and with uniform success. Acid blood is the primary and sustaining cause of rheumatism, and while the blood is alkaline there can be neither rheumatism nor gout.

King Humbert is a Vegetarian. He lives entirely on vegetables and fruits and never feels so well as on bread, potatoes and oranges.—*Washington Times*.

FOOD HOME AND GARDEN

DR. ELLEN G. SMITH'S RECOVERY.

"Take care of yourself," a text oft repeated, had slipped out of its place in my code of commandments and before I was aware of the pending result, I found myself on the down-hill grade, and a serious accident left no opportunity to avert the resulting partial paralysis. After several months of home care and treatment by my own methods, mental and physical, I was pronounced by physicians an almost hopeless case of *Lacomator Ataxia*, which is rarely, if ever, cured by ordinary methods of therapy. I took a long course of electrical and scientific massage, with slight improvement. Then I met with another accident, and for several months could not stand or step without support, and the entire body was out of tune. Every possible method for relief was brought to bear on the case, and I began to walk. But little dependence could be placed upon the limbs for steadiness, and the vital organs were still seriously involved. As a pessimist, my fate would have been that of a confirmed invalid. But being a positive optimist, no matter what the conditions, I was sure there must be some way out. In November last, my attention was called to Spiritual Science as practised by one whose success had been remarkable even in cases similar to mine. I wrote the doctor for his terms and with the reply came an invisible power that gave me hope of complete restoration. The brain became clearer, I walked with more freedom, slept better, and, more surprising than all else, I at once began to eat and assimilate my food, which had for three months been almost at the starvation point in quantity, and these results of a brief letter conveying its invisible substance to me. My first treatment consisted of a much needed talk that told me where I stood physically, mentally and

spiritually. "Peace be still" was spoken to the inharmonies and new pictures to the mind.

Treatment varied according to conditions, often almost entirely mental, again active, physical, with a steady improvement which was evident every day. "Peace be still" has become a reality. Spiritual therapy stood without a rival in the days of Christ and through all the ages it has been more or less a recognized force, and to-day stands on its merits, either by itself or incorporated unconsciously into every method of therapy, and the more we recognize the silent operation of the higher powers, the better for humanity in every way. To-day I feel new. A year ago I could barely walk even a few steps alone, and six months ago, although I could walk some, but under great resistance and by watching my footsteps, I now go anywhere I wish, can walk two or three miles a day. I am about to resume my lectures and my practice, and am not in any way much like the woman who visited you two years ago, and whom you, doubtless, like many others, thought never would recover. But one by one, old conditions have departed and nature asserts herself at every point. Each day I realize the force of these words that came to me long ago as an inspiration to many an invalid. "By the power of the spirit ye are healed and by the power of the spirit ye shall remain healed," and this penetrating power does not conflict in the least with hygienic law, but the two are harmonious.—Ellen Goodell Smith.

Mr. J. Abbott, of Saratoga, had kidney trouble very badly and was advised by Dr. Miller, of San Jose, Cal., to discard meat from his diet. By so doing he was cured, and is now an advocate of Vegetarianism.—Mrs. D. H. Coster, Mountain View, Cal.

FOOD HOME AND GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

Vegetarians usually consider the potato the least desirable of vegetarian articles of food, on account of its starchy nature, and yet it seems John Wesley subsisted many years upon potatoes and enjoyed excellent health.

The use of Pure Peanut Butter is rapidly extending. We send this Butter to Maine, Florida, California, Mexico, Canada, Washington and intermediate states. It is as cheap as Creamery Butter and a great deal more wholesome and nourishing.

It is a subject of congratulation that that earnest health reformer Dr. Ellen Goodell Smith has been restored to a normal condition. She gives her own account of her restoration. We will never condemn the means by which health has been acquired.

Mrs. Sarah Thacker has sent us a more particular account of her farming and fruit growing operations which will appear in our next. The country where her College and 200 acres are located appears to be very beautiful and productive either with or, for some crops, without irrigation.

A box of the "Invigorator" Food advertised by Frank K. Brown and Dr. Ellen Goodell Smith has been sent us by them for trial. Dr. Smith endorses it very strongly and states it is invaluable to her and on her recommendation we advertise it. When

we have had experience with it we will say more.

The court of Inquiry found that canned roast beef was a suitable ration only two days in ten, and never two days in succession. And this only applied where cooking utensils and vegetables were available. The poor soldiers were compelled to eat the stuff or starve, fresh fruits were denied them in a tropical climate!

Rev. Mrs. H. S. G. Lake is conducting services, each Sunday, in Unity Church, Olympia, Wash., the first meeting having been held Feb. 26th. The topics presented cover a wide range of thought, ideal and practical, and many have expressed themselves as much benefitted thereby. April 23rd the value of a Vegetarian diet was well set forth.

Mr. Rufus H. Emery of Bucksport, Me., writing to the secretary of the Universal Peace Union, and sending a donation, remarked: "I do not believe in killing my brother man; neither do I believe in killing our animal friends and then eating them. Please extend your congress to our animal friends and give them peace with the rest of God's creatures."

When the Court of Inquiry rejected Gen. Miles's evidence of 180 officers, it was stated as a reason that the Court must be satisfied that enough evidence was already in to sustain the charges. Now the decision is that the General's charges in relation to embalmed beef were not sustained by the evidence. How about the evidence that was ruled out? Let that also be published.

Miss M. E. McGraw is engaged in the humane work of the Society for the Prevention of Cruelty to Animals in San Fran-

FOOD HOME AND GARDEN

cisco. She writes: "I have long felt that the foundation stone of cruelty to our poor dumb friends is the hideous meat-eating habit. I want to abolish every slaughter-house and every meat market in the land and if I could see that work done, then I would be ready to progress to some other planet. But I am sure I never could be happy even in Heaven, with the memory that there is a planet where these things exist."

Mrs. Fairchild Allen did not make the charge that flesh eating is cannibalism but that it is the fair inference from Rev. C. J. Adams' opinion that animals have souls as man has; that Dr. Adams' opposition to Vegetarianism is the more unaccountable.

The eighty-first Annual Assembly of the Bible Christian Church, Philadelphia, took place on Monday, May 22, 1899. It was presided over by Rev. Henry S. Clubb. The dinner as usual consisted of choice Vegetarian dishes. The officers and trustees were mostly re-elected and in addition Mr. Edwin F. Metcalfe was elected a member of the Board of Deacons and Mr. Henry T. Cariss a member of the Board of Trustees. The reports were mostly of an encouraging character.

A humane lady, a liberal contributor to the Vegetarian Cause, at present in Paris at 5 rue Boissonnade, Madame Louise Burleigh Curtis, inquires for information as to the best Vegetarian food for dogs and cats and whether experiments in regard to vegetarian food have been made in Dog and Cat Homes in America. Perhaps some of our readers can furnish the information asked. We were acquainted with an intelligent German in Michigan who kept dogs for hunting and he fed them almost

exclusively on corn meal mush. He found them much keener as to scent on this diet than on any other, and it is very cheap as well as nutritious. He said he could not control them when he fed them on flesh and they were less intelligent.

VEGETARIAN SOCIETY PURE PEANUT BUTTER.

Mrs. E. L. Wilcox, West Somerville, Mass., to whom we sent a dozen cans of Pure Peanut Butter, writes: "The Peanut Butter arrived in good order. I am very much pleased with it as are all my friends who joined me in sending so that I have only one jar left for myself, so that it will not be long before I shall have to send again." This is the most economical way of obtaining Peanut Butter as by sending direct the profits of Jobber and Dealer are saved by the consumer.

PHILADELPHIA VEGETARIAN SOCIETY.

An interesting meeting of the P. V. S. took place May 18th at 1023 Foulkrod St. Messrs. Caldwell, Doolittle and Thomas James contributed valuable suggestions. Rev. H. S. Clubb presided. It was decided to hold the annual Picnic at Willow Grove, June 15th, 1899, when friends from New York, New Jersey and Pennsylvania are expected to take part. Circulars, later on, can be obtained at our office, which will contain more particulars.

JAMAICA.

The account we publish elsewhere in regard to Jamaica is interesting in view of the Low River Vegetarian Colony forming there, of which Mr. George Pentzke, Christiana, Jamaica, is the chief promoter, and whose advertisement appeared in three preceeding numbers. It must be a charm-



ing place to live in, where "the fences are all formed by hedging of beautiful blossom vines. Where the Colea plant grows in great profusion, forming hedges four or five feet high, glowing in all its tropical beauty, making a vision of loveliness long to be remembered." The hotel is described as supplying all a traveller could desire, except intoxicating liquors.

A DEBASING APPETITE.

The *Theosophical Review* facetiously remarks: "Each man must find out for himself what is the best food to keep his own particular body fit for the work he intends to get out of it. The body should be made an obedient instrument for the work to be accomplished, and not the man a slave to some ideal form of nourishment which he imagines a mythical Adam and Eve munched in Paradise." We may add, nor should he be a slave to any appetite which has debased mankind to a condition of perpetual bloody warfare with an innocent and unoffending portion of creation in order to gratify itself with the flesh and blood of its victims.

ARE WE ALL AT WORK?

If, as Vegetarians believe, it is a blessed thing for man to live the true life without butchery, should we not endeavor to extend a knowledge of the principles we believe? The use of OUR POSTSCRIPT as an inclosure in letters is a very inexpensive method, and we ask our readers to aid in this work, making it a rule never to send a letter without inclosing one or more of these little leaflets. One subscriber writes: "Please send me fifty each of 'The Synopsis,' 'The Vegetarian Principle,' and 'The Anatomy of Man.' All are OUR POSTSCRIPT leaflets and are fine. I use them to send to colleges and in my humane pack-

ets. Do not ever let these vitally useful tracts go out of print, I beg of you. Wish I could give a fortune for your work.—Mrs. M. C. Jordan, Andover, Mass." See advertisement of OUR POSTSCRIPT.

A U.S. VEGETARIAN COLONY.

The question is: "Shall we have a Vegetarian Colony in the United States? In Manitoba, through the munificence and foresight of the Canadian Government, a colony of 5000 Vegetarians with a township, 36 square miles of land, is established and bids fair to be a very prosperous enterprising community. The objection is that Manitoba is a very cold climate during six or seven months in the year, and the Summer season is short. If the United States Government were properly appealed to, we have no doubt a grant of land for a Vegetarian Colony could be obtained in Southern Florida, away from frosts; or in Southern California, or in New Mexico. If such a grant were obtained, the Vegetarians in all parts of the world could be invited to join it and a colony established that would become equal, if not superior, to the Manitoba Colony. We asked last month for the names of such as were willing to unite in applying for such a grant. We have received responses which show that the idea is approved. Those who have sent us their names favor Southern California, Southern Florida and Western North Carolina or Eastern Tennessee. We invite wide awake friends to send us their names so that application can be made in time for the next session of Congress. Let us have a thousand names at least. It is not necessary that the applicants intend themselves to live in the colony, but that, as citizens of the United States, they desire the grant to be made so that Vegetarians can be invited to it.

HOME DEPARTMENT

Contributed by B. R. C.

MENU FOR A JUNE DAY.

"June the month of roses has come at last!"

BREAKFAST.

Strawberries.

Granose Flake Biscuits.	Sugar and Cream.
Tomato Omelet.	Johnny Cake.
Caramel Cereal Coffee.	

LUNCH.

Sliced Tomatoes.	Red Radishes.	Lettuce.
Cream Salad Dressing.	Watercress Sandwiches.	
Almond Sandwiches.	Brown Bread.	
Olives.	Fruit Salad.	

Iced Cocoa.

DINNER.

Sweet Corn on Cob.	Browned New Potatoes.
Asparagus with Cream Sauce.	
Whole Wheat Graham Bread.	Nut Cheese.
Floating Island with Strawberries.	
Rhubarb Pie.	
Spring Water.	Kaughphy.

RECIPES.

Tomato Omelet.—Four eggs well beaten, a little milk, chopped parsley, seasoning to taste. Have the omelet pan hot and well greased. Pour in the egg, and just before turning add a little chopped tomato from which the juice has been drained. Serve on a hot dish garnished with parsley.

Almond Sandwiches.—Cut brown bread a day old in very thin slices. Cut off all crusts. Spread a thin layer of Almond Butter between the two slices of bread.

Iced Cocoa.—One teaspoon of cocoa to each cup of milk. Heat the milk, add the cocoa, previously dissolved in a little cold milk. Let it boil a few minutes. Remove from the fire, flavor with vanilla and let cool on ice. Serve in glasses with chipped ice.

From Table Talk.

Fruit Salad.—Peel and slice four bananas; peel and slice three sweet oranges, carefully removing the pips; peel and eye

a small pineapple and pull into small bits with a silver fork. Arrange in layers, pouring over each layer the following Salad Dressing and serve very cold.

Fruit Salad Dressing.—Beat together the yolks of four eggs until light colored and thick; add gradually one cupful of powdered sugar and one-half of a teaspoonful of salt and continue beating until the sugar is dissolved. Add the strained juice of two lemons and pour over the salad.

Rhubarb Pie.—Line deep dishes with a good paste. Fill each dish with rhubarb cut rather fine, heaping it in the centre; sprinkle over each five heaping tablespoonfuls of sugar; if the rhubarb be very young add a teaspoonful of flour. Cover with a top crust, wetting the paste that the two crusts may adhere together. Bake in a moderately quick oven for from thirty-five to forty minutes.

Watercress Sandwiches.—Pick over, wash and dry the cress, rejecting any large tough stems. Pound it to a pulp. Cream the butter and work into it the prepared cress, using twice as much butter as cress. Spread very thinly on the bread.

From W. D. C., Tampa, Florida.

Corn Starch from Green Corn.—Grate the corn into a tub. Wash all the starch from the cobs as they are finished. Separate the bran from the milky water by using a sieve or colander, then stir the starch water into a larger bulk of water, say a barrel, and let it settle until clear. This takes much longer than in making of potato-starch. Draw off the water by a piece of hose or siphon. Add more water and repeat the process again and again until the

FOOD HOME AND GARDEN

sediment is clean starch. If it is not cleaned well it is likely to ferment in drying. Then spread the starch thinly and dry quickly. If you have plenty of it you will find many uses for it that you did not think of when it was an expensive luxury.

Corn Starch from Ripe Corn.—If you have a Vegetarian Society Mill you can make starch at any season of the year and get more lbs. of starch per bushel of corn. Soak good, ripe, shelled corn for several days in cold running water. If the water be warm the grain will sprout, if it be stand-water the starch is almost certain to get a musty or sour taste before you are finished with it. When the corn is softened grind it wet and proceed as above, and enjoy your fill of puddings, blanc-mange, lemon pies etc. etc. in spite of the monopolies and corporations.

From Rev. Isaac B. Rumford, Oakland, Cal.

Edenic Buttermilk.—Put juice of one lemon or citric or tartaric acid in tumbler, add sugar in sufficient quantity to suit your taste. Add teaspoon of fine flour; rub smooth; fill nearly full of water; stir well together. Add soda enough to neutralize the acid; stir, and drink, being glad you can have milk without a cow.

VEG. SOCIETY PEANUT BUTTER.

The Nut Butter I have from you is excellent. Do you know of any firm in Atlanta where it can be had?—Mrs. S. A. Albright, Atlanta, Ga.

We frequently have inquiries like the above. We reply that we are not aiming at a large jobbing business. If we were we should be compelled to put the price at retail, at or near the price usually charged by large grocers in this city, viz. 25 cts. for *half* pound cans. We prefer to sell *direct* to consumer at about half that price. This saves the consumer two profits: one for the wholesale house and one for the

retailer. Send orders direct for dozen cans and you will save money even paying expressage.

THE TOMATO.

Mr. Andrew Wilson of London says there is no ground whatever for the opinion that eating the tomato causes cancer. In the *Graham Journal* of over fifty years ago the tomato was condemned as unfit for food, but since it has become a wholesome fruit.


COCOANUT MILK.

What we call milk in the cocoanut the South Sea people call water. Cocoanut milk with them is the kernel grated fine and mixed with this fluid. The resulting compound is of the consistency of cream, milk-white in color and delicious to the taste. It is so rich that one can eat but little of it directly, and it is principally used, mixed with other substances, in preparing dessert dishes and as a frosting for cake.—Capt. Truelove.

HONEY AS A FOOD.

Probably most people consider honey as the equal in value for food of any sweet sauce, no better, no worse. All should know that it possesses one great superiority, ease of digestion. The nectar of flowers is almost wholly cane sugar. The secretions added by the bees change this to grape sugar, and so prepare it that it is almost ready for assimilation without any effort on the part of the stomach; in fact, Prof. A. J. Cook once styled honey "digested nectar." It will be readily seen that honey is a very desirable food for those with weakened digestive powers. If a person is very tired, "too exhausted to eat," it is astonishing how a few tastes of honey, will act almost like magic. But little effort is required to make it ready for assimilation. Persons suffering from some forms of kidney trouble will find that honey is a much more beneficial food for them than is cane sugar.

THE GARDEN



THE PEANUT AN AIR PLANT.

We have no doubt our Ralstonian friends who object to what grows under ground or away from sunshine are honest in their rejection of peanuts, but if they understood the physiology of the peanut plant we believe they would see that the objection is not a sound one. The peanut, like peas, beans, lentils and clover, obtain their nitrogen from the atmosphere whereas wheat, oats and other cereals have to be supplied with nitrogen by barnyard and other still more offensive manures. Which is likely to be the purest food? The process of abstracting nitrogen from the atmosphere by leguminous plants is very interesting as it is said to be performed by microbes in small lobes on the roots of these plants. The ripening of peanuts takes place after they are harvested by being exposed four weeks to the sunshine which is usually sufficient to remove the earthy taint if any they have acquired.

HARVESTING PEANUTS.

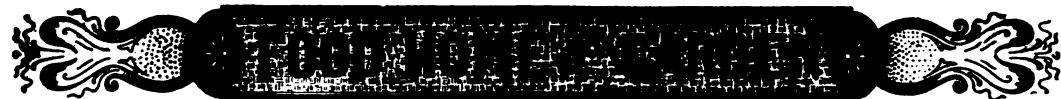
The harvesting must always take place before frost, for the nuts and haulm are both greatly injured, if not ruined by frost. If the fall should be wet or the peanuts mature very early, many of the first formed nuts will be ruined by sprouting. Dry weather should always be selected for harvesting. It cannot be done when the ground is wet, for then the dirt will adhere to the nuts and ruin them, or at least greatly detract from their market value by turning them black.

The crop of white peanuts is harvested by running a furrow on each side of the row with a bull-tongue plow or a pea digger, so as to dislocate the roots. Care must be taken not to detach the nuts from the vine

in running the side furrow. After the plow has been run on each side of the row (and it is sometimes necessary to run twice on a side), then lift the vines gently with the hand, carefully shaking the dirt off, and lay them on the ground. Let them remain in this way, if the sun is shining, from six to eight hours. The vines will wilt like clover, when they may be brought together and stacked. The stacks are made around a pole planted in the ground and rising some eight feet above the surface. A platform made of old rails rests upon logs placed around the pole, and upon this the stack is built. The platform protects the nuts and vines from the mold and dampness of the ground. In stacking the nuts should be put on the inside next to the stack pole, but not so close as to prevent the air from circulating freely from the bottom to the top of the stack. To make the stack entirely secure it should have a capping of hay or corn fodder. Put up in this manner the nuts will keep securely all the winter should it be desired.

The red nuts are more easily harvested than the white, as they have but few roots, and the nuts adhere closely about the stem. In loose land they may be pulled up without running a furrow on each side of the row, though to do this will make the work much easier. There are but few red nuts now grown in Tennessee. An overproduction of them for awhile reduced prices below the cost of the labor in producing them.

Usually the nuts are allowed to stand in the stacks for about four weeks, and are then picked off by hand, the white always. Five or six bushels of red peanuts can be picked off in a day.—*Southern Magazine.*



IMPROVING THE NEIGHBORHOOD.

The best way to improve the neighborhood of a city suburb is to make a good garden around the house and all the neighbors will quickly follow the example. Give away some of your seeds and plants to those who will use them and soon the whole suburb will be improved. A rivalry will spring up that will bring about a contagion of health.

DIET REFORM.

One of the greatest reforms needed by the human race is that of turning from the excessive eating of meat to the more delicate and wholesome food of the garden. In this work the seedsman and nurseryman—not overlooking the horticultural journal—take a chief part.—*Vicks Illustrated Magazine*.

We are glad to see this able horticultural publication take so high a stand on diet reform. Surely the horticultural press should join in a crusade against flesh eating.

EASY WAY TO BLANCH CELERY.

I suggest this easy method of blanching, at least for moderate supplies, which does away altogether with the necessity of trenches or banking. If intended for winter blanching, about the middle of November the plants are taken up on a dry day and placed in water-tight troughs or other vessels in a quite dark cellar, the plants standing erect and close together. Enough water is poured on the roots to cover them, and the supply is continued through the winter as it evaporates. This constitutes the entire labor. The stalks are gradually and handsomely blanched in the darkness, and many new ones spring up during the winter months, especially if the apartment is not very cold, and these new shoots are remarkable for their delicacy and perfect freedom from any particle of rust, appearing like polished ivory. A small separate

apartment in the cellar, without windows, answers well for this purpose. Boxes, tubs, or any vessels which will hold a few inches of water, may be employed. The plants, as grown in the open grounds may be slightly earthed to bring them into a more compact form, if desired.—*Epitomist*.

JAMAICA.

Mr. H. W. Gerlach writes in *Frankford Herald* of this island:

All the natives are black, and all the servants also. The walks and drives are simply grand. It is certainly a new land of beauty. Owing to the work, and improvements made by the great Fruit Company, the cocoanut trees grow to a great height, the natives climbing to the top, and running along the heavy branches with the quickness of squirrels. The green cocoanut is alone used for its milk, it being considered a great delicacy. Orange groves send forth their perfumes on the air; almond trees grow in great profusion: they bear a beautiful pink and white flower in blossom time somewhat resembling our peach blossom, only much larger.

Far as the eye can reach on every side are banana trees laden with their delicious fruit; the natives, men and women, gather them and carry them to the steamers. The women carry almost everything on their heads, and work outdoors all the time, helping to load the fruit on the steamers; with the men, they seem to be a very jolly set of people, laughing and singing as they work, and seem to know no care or responsibility; the women earn about 50 cents per day, are very bright and intelligent and seem to have great strength and endurance.

There are 57000 acres of land under cultivation by the Fruit Co. There is a narrow gauge road through the mountains to the coffee plantations on the mountain tops. On the outskirts of Port Antonia are large groves of ginger trees under cultivation they bear a beautiful blossom and fill the air with a spicy fragrance. There is a peculiar quality in the atmosphere that stimulates the system without any after fatiguing effect, the air is soft and balmy.



GODDARD E. D. DIAMOND IN 1861



GODDARD E. D. DIAMOND.

(Aged 103 on May 1, 1899.)



APPLE BLOSSOM

MARGARET.

FAIRY STORY FOR LITTLE VEGETARIANS.

Margaret was a small girl with rosy cheeks. She had a father and mother and a FAIRY GODMOTHER. Now this little old woman who was Margaret's Fairy Godmother loved her so dearly that she watched over her constantly and often spent the whole night by her bed when Margaret was not well. Margaret's father and mother were good and kind but they often gave Margaret food that was not good for her and so she was sometimes sick. When Margaret got sick her father would sit by the stove and smoke cigars while the tears ran down his cheeks, for he loved Margaret and he did not see why she was not always well.

But the Fairy Godmother knew very well why Margaret was sick and one night when Margaret was in bed with a cold and sore throat, the Fairy Godmother came gliding into the room where Margaret's father sat with his feet on the fender blowing rings of cigar smoke up in the air. You must know that the Fairy Godmother was possessed of Occult Power, and could make herself invisible in an instant or she could make herself so small that she could easily enter a room through a keyhole. She had a long nose that almost met her chin, and she wore short skirts and shoes turned up at the toes. She slid in through the keyhole so suddenly that Margaret's father dropped his cigar in surprise. She spoke out loud in a high squeaky voice to Margaret's father:

"John!" she said, "*what ails Margaret?*"

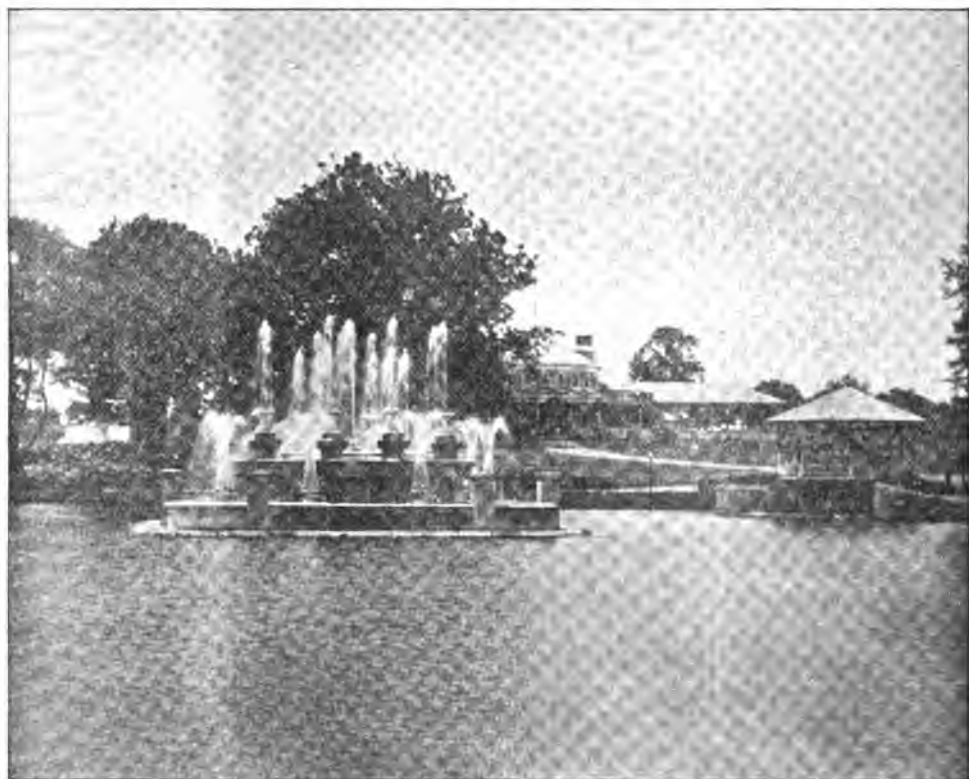
"I don't know Godmother," he said, "we have done everything for the child but she gets no better; every time that she goes out of doors she gets more cold and I fear that the Good Lord will take her away from us."

Here the Fairy Godmother fairly snorted with indignation. "Nonsense!" she squealed in her squeaky voice, "that child simply needs a change of diet to make her *liver* act. You have fed her on butter and sweets until her system is all clogged up and now you must do as I tell you and feed her on APPLES every day."

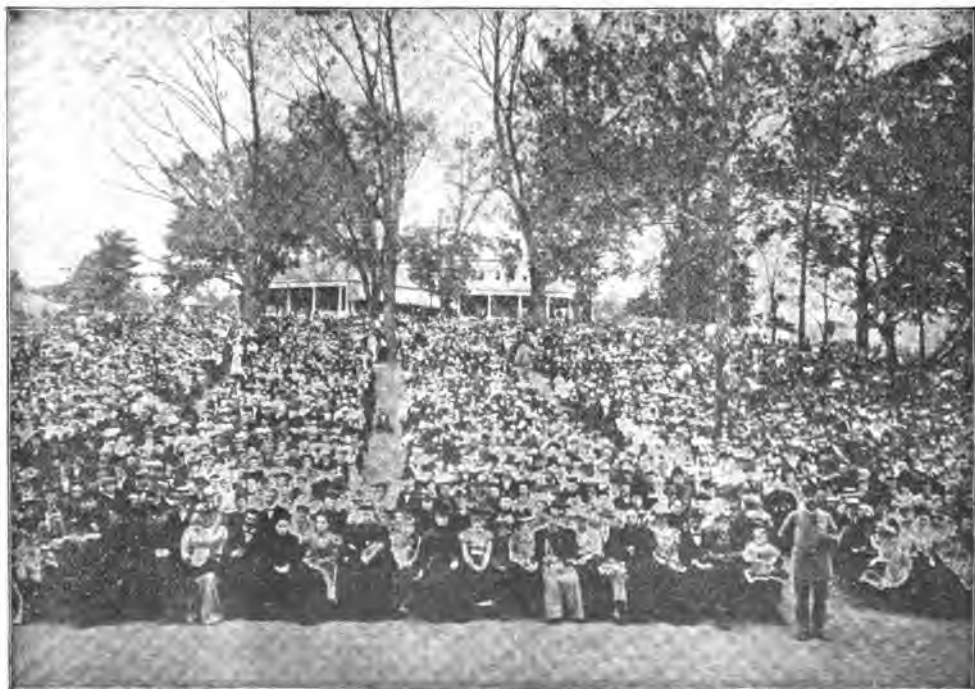
"APPLES!" exclaimed her father, "why they cost fifty cents a peck and I will have to give up my cigars if I buy apples for her. How can I do that?"

"You can! and you must!" said the Fairy Godmother, "for your child only needs apples to make her well and apples she must have!" Here the little old woman stamped her feet on the floor so fiercely that Margaret's father tipped himself too far back in his chair and fell over backward. When he picked himself up again the Fairy Godmother had vanished: but he bought a barrel of apples next day and never smoked any more cigars. Margaret was soon well again after she was fed on apples! and strange to relate Margaret's father was better for doing without his cigars and Margaret's mother loved him dearly for buying all the apples the child wanted.—William Canby Ferris.

All our young friends especially are invited to attend the Vegetarian Picnic at Willow Grove, Thursday, June 15, 1899.



WILLOW GROVE PARK.—The Fountain.



WILLOW GROVE PARK.—Listening to the Music.



DR. FRANK W. ROSS.

FOOD, HOME AND GARDEN.

VOL. III, NEW SERIES, No. 30.

JULY, 1899.

WHOLE NUMBER 103.

FRANK W. ROSS, B. S., A. M., M. D., D. O.

DR. ROSS, whose portrait we present on the opposite page, is recorded in the "Lives of Eminent Physicians," by Stone, as being a graduate of five colleges, including the Indiana State University and the Barnes Medical College, at St. Louis, Mo., the largest drug college west of the Mississippi. He is a fellow of the American Association of Physicians and Surgeons. Late Chief Physician and Surgeon of the Botany Park Sanitarium; special lecturer on hygiene in American Medical College of Indianapolis, Ind.; author of *Medical Hygiene, Sexual Diseases of Men, Medical Secrets, Hygiene Cook Book, Hygiene Complete*; Professor in the Central University Correspondence School, of Indianapolis, Ind. Dr. Ross has lectured to crowded houses in many states on "Through Ireland, Scotland, Germany, France and England," "From New York to California," "Old Mexico and the Passion Play at Tacuba," "The Two Greatest Museums in the World—the Louvre and the British." Dr. Ross' *Medical Hygiene* is recommended by many preachers of the leading denominations. This book is a very useful compendium of the hygienic treatment under the separate titles of the various forms of disease and the hygienic prescription is given in the common English vernacular, making it a book of easy reference. We notice that in nearly every direction for the

cure and prevention of a disease, Dr. Ross insists on the diet being limited to fruits, rice, oat-flake or wheat meal gruel and and toasted brown bread or similar food and vegetables and a total abstinence from drugs, flesh-meat and fermented or distilled liquors, tobacco, and other poisons, including tea and coffee. Milk is permitted in some cases.

The book treats of the Diet Cure, the Grape Cure, and advice is given as to which fruits are best for certain cases. The water cure, both internal and external, is largely treated of, and many cases of cure by the simple remedies prescribed, are related. The flushing of the colon, usually called Dr. Hall's remedy, but which had a prior origin, is largely prescribed. The hot bath is described as the best stimulant, while cold cloths or ice applied to the chest is recommended in cases of hemorrhage of the lungs.

The following systems of diet are recommended :

V. E. M. DIET.—Breakfast: 6 to 8 oz. brown bread and butter, cup of cocoa or weak tea; or wheatmeal, oatmeal, hominy, or barley porridge, eaten with brown bread and stewed fruit. Dinner: thick vegetable soup eaten with brown bread, followed by a milk pudding and stewed fruit. Or a potato, haricot, or Vegetarian pie, or the stew in the next diet. Or simply two vege-

FOOD HOME & GARDEN

tables, brown bread and some vegetable sauce. As a second course, milk pudding and stewed fruit. Those who do not eat flesh should eat peas, beans, or lentils every other day. Supper; 6 to 8 ozs. brown bread and butter, boiled Spanish onion, boiled or raw celery, or other green stuff, or stewed fruit or milk pudding. No food for at least three hours before going to bed. This diet is for those who desire to get better health than the ordinary people, and for the delicate. It is especially useful in heart, liver, kidney and chronic stomach complaints, in syphilis, and in gout and rheumatism. For the hypochondriacal it is the best diet I know.

MACARONI DIET.—For breakfast and supper, about 6 ozs. brown bread cut into dice, pour boiling milk over this, allow to cool, and then eat. Dinner: 4 ozs. macaroni cooked and made into a pudding; eat with stewed prunes or other fruit. Next day have a stew made of about 2 ozs. each of peas, or lentils, with rice or pearl barley; cook them well, flavor with a little carrot, turnip, onion, sweet herbs, butter and salt; eat with brown bread. Finish up with stewed fruit and bread. This diet is useful in all chronic cases, and if observed for some time clears the body of waste, and purifies the system generally.

MILK DIET.—Milk and barley or rice water in equal parts; a teacupful may be taken cold every three hours. This diet is a quick cure for violent sickness or diarrhoea.

FEVER DIET.—Milk and water, gruel, porridge, vegetable soup, milk puddings, toast water, whey, lemonade, bread and milk, fruit fresh and stewed, preserve water, etc. These are the foods that should be given in erysipelas, measles, scarlet fever, small-pox, typhoid or other fevers, and in acute attacks of sickness of all kinds.

The book is admirably adapted for family use and is being largely circulated. On sale by the Vegetarian Society of America at the published price: half leather, \$2.00; cloth, \$1.50; boards, \$1.00.

Dr. Ross has established the National School of Hygiene, at Champaign, Ill., which is meeting with encouraging success, having already twenty students.

A PRACTICAL TESTIMONIAL.

I have been practically a Vegetarian for over twenty years. During these twenty-two years I have not had to call a physician (for myself) nor have I spent any money for patent medicines. *Previously* I had found *frequent use for both*. My health gradually improved after the reform in my diet. I do not remember having a headache for the past fifteen years. I have not been sick in bed for more than a day or two at any time, and but seldom at that. I mention it merely to show that my experience has been that of others.—W. D. Chapman, Tampa, Florida.

FLESH, ALCOHOL, TOBACCO.

I believe that pure food lays the foundation for physical, mental and moral health. I never heard of a Vegetarian who was a drunkard. Flesh, alcohol and tobacco form a triplet that is always in accord—or rather, that always produces discord. Flesh poisons, alcohol paralyses and tobacco stupefies. Pure food, pure air and sunshine, of the heart as well as of the outer world, give that poise of body and mind which results in the removal of disease—an abnormal condition in which some functions usurp vital force which belongs to others, and thus the whole system is thrown into pain and confusion.—Ellen Snow, Hartford, Conn.



ASBESTOS LEATHER.

A German inventor has patented asbestos leather. The asbestos is combed into fine fibres, then immersed in an India rubber solution until every fibre is covered with the solution. The solvent, petroleum benzine, is evaporated. The fibres then cohere perfectly, and the mass pressed into any desired form. It is said to resemble very closely leather in its peculiarities and structure.—*Zeugdrucker Zeitung*.

VEGETARIAN ATHLETIC VICTORY.

325 MILES IN 24 HOURS.

According to *The Vegetarian*, London, England, Mr. George A. Olley, a youth of 18 years, has won the gold medal offered by Vegetarian C. C. to the member who would ride 270 miles over the roads south of London in twenty-four hours. Mr. Olley not only accomplished the distance required, but 55 miles more in the specified time. It was practically an unpaced ride, for, although he had singles accompanying him, except during 45 miles, when he was quite alone, he gained little advantage thereby, other than that of companionship, preferring to ride abreast of, rather than accepting shelter behind these friends. The night was showery and pitch dark. He used a 65-inch gear and had two punctures to contend with. The route was from 22 Queen's road, Wimbledon, to Leatherhead and Horsham—villages familiar to us as being the places visited by us on a lecturing tour in 1843, we think it was. He also rode half a mile down a wrong road, which was not counted in the distance made. At the end of the long ride he was not at all distressed, but had a splendid color. He kept up a regular pace of fifteen miles an hour for the last three hours. When the hilly character of the roads is taken into consideration, the distance made has no

parallel, as no one has attempted more than a twelve hours' run over this or any similar course. Last year was noted for Vegetarian athletics and this year is already making a brilliant record.

SOUTH AUSTRALIA V. S.

A communication from Mr. Arthur Fawcett, Hon. Sec. of the Vegetarian Society of South Australia, informs us that this society was organized in Adelaide in November, 1898, with twenty-seven members and associates, and that the publication of a monthly paper is in contemplation.

Mr. Fawcett arrived in Australia in 1893, and felt that he was almost alone as far as human aid was concerned, but he worked and lectured and gradually became acquainted with those who were in sympathy with the cause, and the organization of the society was the result of his labors. He distributed leaflets and some one handed him a copy of *FOOD, HOME AND GARDEN* for May, 1898, and hence his application for publications from America, which we endeavor to comply with as far as our means will allow. Mr. Fawcett is a life Vegetarian and a member of the Vegetarian Society, Manchester.

The new organization is about opening a central office and reading room. Our readers can render essential aid by subscribing for sending *OUR POSTSCRIPT* and other tracts and publications for distribution. We would be glad to send thousands of these little messengers. Who will contribute funds for this purpose? We understand Mr. Fawcett contemplates a visit to America, where we have no doubt he will receive a cordial welcome. He is being ably assisted now by Mr. I. Newton Wood, who is lecturing, so that a movement has been fairly started in South Australia. Meetings and conversaciones are announced.



THE ANNUAL PICNIC

OF THE PHILA. VEGETARIAN SOCIETY

Was held at Willow Grove, on the afternoon and evening of Thursday, June 15, 1899. The New York Vegetarian Society was especially invited and Mr. John W. Scott, president; Mrs. Margaret Haviland, vice president; Mr. Arthur Haviland, honorary and active secretary of the New York Society, and Mrs. Henry Wilhelm, of Brooklyn, N. Y., were present. Members and friends of the Philadelphia Vegetarian Society from West Philadelphia, Germantown, Frankford and other parts of the city were present. The picnic assembled at Grove No. 1 at 2 o'clock, but a storm coming up rendered it necessary to adjourn to the large pavilion where, at 5.30 o'clock, a Vegetarian picnic was served as follows:

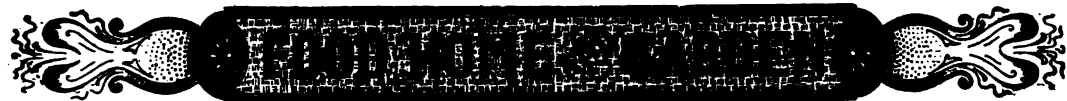
Sliced tomatoes on lettuce.
Nut sandwiches. Squash sandwiches.
Egg-plant sandwiches.
Nasturtium sandwiches. Graham gems.
Raisin sandwiches.
Olives. Pickles. Cheese.
Hermit cookies.
Chocolate cake. Sponge cake.
Bananas. Lemonade.

This menu was practically and merrily discussed and highly enjoyed, after which Rev. Henry S. Clubb, president of the Vegetarian Society of America, called the meeting to order, and welcomed in a cordial manner the guests from New York, and all who had come from various parts of the city. He congratulated them on the experience of the past year, in which the record of prominent events had added to the testimony in favor of the principles of the Society. In athletics: in the walking matches of Germany; in the bicycle races of New York, San Francisco and recently in England, where a Vegetarian Bicycle Club has just awarded a gold medal to George Olley, a Vegetarian of four years,

for having made 325 miles over the hilly roads of Surrey in twenty-four hours; all these trials of strength had established the fact in the public records, that in cases of protracted endurance, flesh-eating could not compete with Vegetarian training. In longevity, too, the record was strong in favor of the simple Vegetarian fare, as Mr. Diamond, who was "an old man" at 65, by giving up flesh-eating, is an athletic business man to-day, although he had passed, on the first of this month, his 103d birthday. For grace and beauty, we have the experience and testimony of the two eminent prima donnas, Lili Lehmann and Emma Calve, both having been restored to health, vigor and beauty, as the latter expressed it, by "spades and potatoes."

Mr. John W. Scott, the president of the New York Vegetarian Society, who is a stalwart Englishman, said he had for years worked at his business twenty of the twenty-four hours a day, six days a week, and positively felt no fatigue. He had always enjoyed excellent health, but attributed his ability to stand the strain of business for over 100 hours a week to his simple habits of diet. Although he did not entirely abstain from animal products such as could be procured without destroying life, milk, cheese and eggs, his experience led him to prefer nuts and fruit even to these, and he found the less he took of the animal products, the better. He said on the usual belief that animals had no after life, it seemed more cruel to kill an animal than to kill a Christian. In the case of the animal, you deprive him of the only life he can enjoy, while in the case of killing a Christian, you simply transfer him to the regions of the blest. Of course he did not advocate killing in either case, but this was a fair inference from the common orthodox belief and he could not see how this belief could

July,



be held and continue the killing of animals in order to feed on their flesh.

Mr. James Gartside, of West Philadelphia, gave his experience in the army during the War of 1861-5, attributing the prevalence of typhoid fever among the soldiers to being fed on heavy rations of fat pork and other forms of flesh-food. He had himself escaped the recent epidemic of La Grippe by abstaining from flesh and substituting nut foods.

Mr. Arthur Haviland referred to the very extensive introduction of health foods and their general substitution for flesh-meat, which had become so prominent a feature of our civilized American life. Especially was the recent introduction of nut food in the form of Peanut Butter working a desirable reformation in the habits of the people. He said ~~peanut sandwiches~~ had now become the thing at afternoon teas in fashionable New York. He also referred to the good natured hits at Vegetarianism in the comic papers both of London and New York. One illustration was the picture of a bear which is made to say; "Be not afraid; I am a Vegetarian."

Mr. Scoville, of Germantown, made one of his characteristic speeches, in which he showed the indulgences of the fleshly appetites was the chief cause of nervous irritation and of consequent disagreements so common in domestic and social life.

Mr. Henry Doolittle, of Philadelphia, and Mr. Thomas James, of Chicago, made a few remarks, after which the president referred feelingly to the honor done to Franklin in the statue unveiled the previous day in Philadelphia, characterized by Mr. Beck as the greatest American; that in his autobiography, Franklin attributes his success in life to his early habits of living on raisins and bread while studying and working at the printing business, he having attribut-

ed his clearness of thought to his abstemious habits. That while none of the companions of Franklin at that time are now ever heard of, Franklin himself is honored the world over as "the greatest American."

After a solo on the flute by Mr. Scoville, the meeting adjourned to enjoy the attractions of the beautiful Willow Grove Park, at which, and for the courteous treatment of the Management, much satisfaction was expressed.

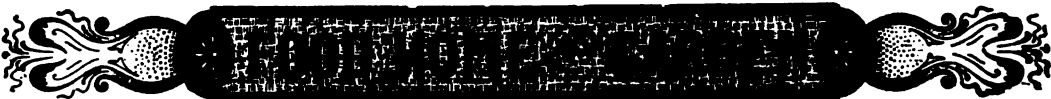
ANOTHER PRIMA DONNA CURED.

"SPADES AND POTATOES."

Mlle. Emma Calve' has a large farm at Cevennes, where she rusticates each summer. Last summer, according to the *Saturday Evening Post*, this "famous singer went into her kitchen garden and cared for her own vegetables. No one was allowed to touch them and the results were far better than when the gardener cared for the things. She wore a short skirt of blue jeans, sabots and a linen shirt-waist. She spaded and hoed and watered her vegetables day after day, and proudly sent gifts of the finest fruits of her labors to friends in Paris." The prima donna was very ill and nervous when she went to Cevennes, but this free open-air life and the vigorous exercise soon restored her to the most robust health, and when friends ask the secret of her cure she answers, 'spades and potatoes.' "

FREE MASONS' VEGETARIAN BANQUET.

The *Herald of the Golden Age* reports that at the banquet of the Arcadian Lodge of Free Masons, held at Hotel Cecil, London, the following leaflet was found in all the programme cards: "No animal flesh is ever provided at the social gatherings of this Lodge."



Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

The *Saturday Evening Post* is the paper we read for relaxation from mental labor. It is delightfully refreshing.

Mrs. F. Q. Ogden purposes to devote 50 acres of her cotton plantation in Mississippi to the planting of a pecan grove.

The article on the "Chemistry of Food" on the next page will form No. 5 of OUR POSTSCRIPT, and we ask our friends to aid in its extensive distribution in letters.

The Baltimore *American* says: "The King of Italy is the only Vegetarian monarch in Europe, and the only king now living who was ever wounded in battle." This indicates that Vegetarianism and courage are not incompatible.

We call attention to the aims of the Vegetarian Colony by Mr. A. S. Donaldson, West Hurley, N. Y., advertised in this number. Those who desire to co-operate on such a basis will please write him their whole mind on the subject.

The reciprocity treaty with the Barbadoes is only the first of a series of similar treaties with Great Britain. Jamaica is to follow, so that we may hope that a trade with that island may soon be established that will include the free importation of banana flour, which will be a wholesome exchange for American wheat flour.

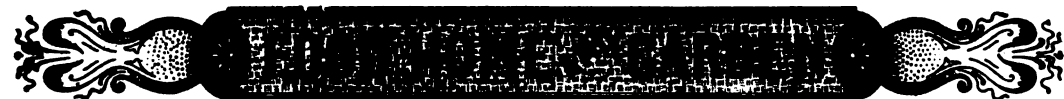
Silk is reported to be largely superseded by mercerized cotton. That even experts cannot in many cases distinguish between these goods, and the new fabric is said to outlast silk for umbrellas and other exposed uses. Of course it is less costly.

The Illinois Society for the Prevention of Tuberculosis is being organized at the rooms of the Medical Society, Chicago. It is to obtain legislation to prevent the sale of tuberculosis cows. The Vegetarian Society at McVicker Building teaches people not to eat cows at all and discourages the use of milk.

The Boston *Journal* states that the ancient practice of falconry is likely to be revived in Boston. If destroying life is to be continued as a sport among intelligent people, it may be well to delegate the work of slaughter to carnivorous birds, but why continue it at all? Cannot Boston invent some humane sport?

The return of Miss Emma I. Bettes, Secretary of the Philadelphia Vegetarian Society, from a five months' visit to Colorado, is a source of real pleasure to her numerous friends in Philadelphia. It is not easy to find a better place to live than the City of Penn, and those who go away usually return with increased satisfaction.

The Picnic of the Philadelphia Vegetarian Society on the fifteenth of June, at Willow Grove Park, was successful in bringing together many congenial friends, and the beauty of the ride by trolley from the city, and the surpassing loveliness of the park, altogether made a day of rich enjoyment. We have given some pictures of the park which afford some slight idea of this most popular resort for the people of



Philadelphia. After the picnic and addresses, FOOD and POSTSCRIPTS were distributed among the listeners, some of whom expressed themselves greatly interested.

GROWING YOUNG.

The two photographs of the Centenarian Diamond in the June issue, show how living a pure Vegetarian life will cause a man to grow younger in appearance even after fifty years have been spent in the ordinary fleshly indulgences. We have noticed the same effect on ladies who had lost the first charms of a youthful complexion, by the adoption of generous unselfish diet, have acquired a degree of freshness and healthy vigor surpassing even their early attractions, reminding us of the far-famed fountain of perpetual youth.

AMERICAN VEGETARIAN COLONY.

Among those who have declared adhesion to the movement to petition Congress for a grant of land in which to start the Vegetarian Colony are: C. J. Zeitinger, Zeitonia, Mo.; John R. and Kees K. Cooper, Edwin Greble Dreer and Frank N. Normart, Philadelphia; Mrs. K. J. Staples, Mrs. M. Clover, Arthur E. Clover, Miss L. A. Buffam, Miss H. Blacklin, Miss R. Clousin, Miss M. Chaffie, A. J. Mondock, M. A., Allen Weeks, Miss Anna Dunlop, of Minneapolis, Minn.; Mrs. H. Houghton Chaapel, M. D., Palmetto, Fla.; Frank Katzung, Chicago, Ill.; L. A. Johnson, Waterbury, Conn., Halvøe Clauson, Santa Cruz, Cal.; A. S. Donaldson, West Hurley, N. Y. The letters are all indications of great interest in the movement and the preferences are chiefly for Southern and Western Florida, Western North Carolina, Georgia, Alabama, New Mexico, California, Oregon, Washington, East Tennessee; semi-tropical location, etc. The object is

to have a good location both for fruit production and for markets; a place where children can grow up Vegetarians from the force of the example of their elders, having no examples of flesh-eating and slaughter before them. We want at least 1000 adherents to make the petition impressive.

A DEBATE.

On Friday evening, May 26, a debate before the New York City Liberal Club on the subject "How to Live," was opened by Hon. T. B. Wakeman favoring omnivorous diet as the best for intellectual, civilized man. Dr. E. B. Foot, H. Alden Spencer, Miss Agnes Florence and others, in ten minute speeches, carried the fine audience with them, although the eloquent Mr. Wakeman spoke for an hour and a half. Mr. Spencer, as usual, favored the use of food which requires no cooking, such as nuts, wheat and fruits. He gave each of the several hundred hearers samples of shelled almonds mixed whole winter wheat as "the best food for the masses."

THE CHEMISTRY OF FOOD.

BY REV. HENRY S. CLUBB.

Chemistry in its analysis of foods furnishes very strong reasons for the disuse of flesh and the adoption of a fruit, nut and farinaceous dietary. The accompanying table of foods most commonly used in America is compiled from a much more extensive one published in May's *Comprehensive Cookery, as Used in Various Hygiene Establishments Throughout the World*, sent by mail by the Vegetarian Society of America, 1023 Foulkrod Street, Frankford, Phila., cloth bound, for 50 cents a copy. It contains 1000 recipes. In this work, the time of digesting each article is also given, but as this must depend on the condition of each individual stomach, we have omitted

FOOD AND THE GARDEN

the figures pertaining to it, relating, as they do, to physiology rather than to chemistry.

The following table contains the approximate chemical compositions of various foods.

R, raw. S, steamed. B, boiled. F, fried. K, baked.

	In 100 parts	Water.	Nitrogen (or Flesh Former).	Carbo- Hydrates (Starch & Sugar).	Hydro- Carbonate (Fats and Oils).	Minerals. (Salts).
Almonds R	6.4	24.8	13.0	52.8	3.0	
Apples R	84.9	1.5	11.9	...	1.7	
Apricots R	84.5	1.3	12.4	...	1.8	
Asparagus S, B	93.5	2.7	3.0	0.3	0.5	
Bacon S, B	23.3	5.2	...	65.5	6.0	
Bananas R	73.1	5.0	20.0	0.6	1.3	
Beef S, B	70.0	10.0	...	17.7	2.3	
Brazil Nuts R	6.0	16.4	6.6	67.7	3.3	
Bread, White, K	36.0	8.0	52.0	1.6	2.4	
Bread, Brown, K	38.0	7.0	45.2	2.8	4.0	
Cocconut R	6.6	12.7	12.4	67.0	1.3	
Dates R	20.7	7.0	70.0	0.3	1.6	
Figs, dried, R	18.0	5.0	73.7	0.9	2.4	
Lentils S, B	11.0	25.0	58.0	3.0	3.0	
Macaroni S, B	10.0	14.0	71.0	2.2	2.8	
Maize, Meal S, B	14.0	12.0	64.0	8.3	1.7	
Milk, new, S, B	85.0	5.0	5.2	4.0	0.8	
Mutton S, B	66.4	10.6	...	21.3	1.7	
Oranges R	86.3	0.7	11.5	...	1.5	
Peas, fresh, green, S, B	78.5	6.5	12.0	0.6	2.4	
Peanuts R, K	7.0	24.0	19.1	47.9	2.0	
Pine Kernels R, K	5.0	9.2	14.0	71.5	0.3	
Pork, fresh, S, B	66.0	10.2	...	21.8	2.0	
Rice S, B	13.0	6.3	79.1	0.9	0.7	
Tomatoes R	86.0	5.5	3.4	0.4	4.7	
Turkey S, B	73.7	18.3	...	6.0	2.0	
Wheatmeal S, B	14.6	13.0	66.0	3.0	4.4	

The use of food is to supply the body with elements required to form the best and purest blood for the sustenance of the human body. It will be seen from a careful study of the preceding table that while fruit consists of a larger proportion of water than beef, the difference in this respect is not more than fourteen per cent., while, when the character of the water is considered, it must be conceded that the water in fruit is pure, which cannot be said of the water in beef or other butcher's meat for the reason that the water in flesh contains much of the effete matter which is constantly passing away through excretory channels of even healthy animals, and

the water of unhealthy animals is still more offensive and poisonous, while the water of ripe fruit is pure and uncontaminated. As water constitutes at least seventy per cent. of flesh, the quality of the water as compared with the character of the juice of fruits and vegetables is an important consideration. When fruit is ripe, the juice on it is not contaminated with excrementitious matter as the juice of flesh is, consequently it is pure and wholesome and may remain so until fermentation or decay ensues, which, in well perfected fruit which has substantial rind, such as oranges, lemons, apples, pears and even plums and peaches, may not be for months, whereas the dead bodies of animals, owing to the excrementitious material contained therein, commences to decay as soon as the fatal blow is struck which takes away the life of the animal, and unless this process of decay is arrested by some process of embalment or salting, putridity ensues and poisonous ptomains accumulate in the flesh with great rapidity.

These poisonous elements are not objected to by the average flesh-eater up to a certain proportion because the stimulus due to the poisons produces a pleasurable sensation: hence game that has become putrid or ripe, as it is called, is often preferred to fresh meat, but its ultimate effect on the nervous system is most distressing, and we have only to visit any lunatic asylum to see its dreadful consequences, while the nervous irritation, so common in domestic life caused by the use of flesh, is the chief cause of domestic infelicity.

A comparison of the chemical constituents of nuts, pulses and grains in the preceding table with those of flesh, will show a most decided advantage in those products over those of flesh, both as to quantity and quality of the nourishment supplied.

HOME DEPARTMENT

JULY MENU.

BREAKFAST.

Raspberries. Rice fritters.
Hominy.

Graham gems. Cereal coffee.

LUNCHEON.

Green pea salad. Sliced cucumbers.
Tomatoes. Nut sandwiches.
Sliced pineapple. Sponge cake.

DINNER.

Cream of carrots.
Fried egg-plant. Browd bread.
Lettuce and cress salad.
Ice cream. Strawberries.

Rice Fritters.—Pick over and wash one-half cup rice, put it in the top of double boiler with one-half cup of boiling water and one level teaspoon salt. Cook directly over the fire until water is absorbed, then add one cup of milk and cook over boiling water until very soft. Stir in one rounded tablespoon butter, and one well-beaten egg. Remove from the fire and stir in four tablespoons canned cherries, stoned and cut small. Mix well and turn into a round shallow tin to cool. When cold, divide into six or eight sections, cover with fine bread crumbs, egg and crumbs, and brown on each side in hot butter.

Hominy as a Vegetable.—Wash two cups of white corn: pour over it three pints of boiling water, and let come quickly to the boiling point, stirring constantly; then add a tablespoonful and a half of salt, and set the dish on the back of the range, where it can cook very slowly all day; stir it occasionally, and add more boiling water if needed. The next day, when ready to serve make a pint of cream sauce with one-fourth a cup each of butter and flour, half a teaspoon of salt, and a pint of rich milk; use

part cream if convenient. Stir into this one pint or more of the cold hominy, and, when very hot, serve in the place of potatoes.

Green Pea Salad.—This salad may be prepared from peas left over or freshly cooked. In the latter case, cook a pint of young tender peas with one tablespoonful of butter, and as little salted water as possible, stirring constantly until the peas are tender and the water has evaporated. Set aside until cold. Thoroughly wash and drain a head of lettuce, and arrange the leaves on a serving-dish. Mix the peas with salad dressing and place on the lettuce leaves.

Cream of Carrots.—Boil young carrots until tender. Drain off the water and mash through a colander. Add milk thickened with a little flour. Flavor with chopped parsley and season to taste. Return to the fire and boil a few minutes.

ORCHATA.

From Alfred B. Westrup, 18 Marks Avenue, Brooklyn, N. Y.

In all parts of Mexico the natives grind the seeds of musk-melons and strain through a fine sieve to separate the husks. The seeds are ground wet on the primitive grinding stone called metate; the mass is diluted with water and sugar is added. The drink is called orchata and is very palatable. The Vegetarian Mill would do the grinding very effectually to make this drink, I should think.—We will try it in the musk-melon season.—Ed.

CONDITIONS OF THE COCOANUT.

"There are three stages through which the milk of the cocoanut passes, in each of which it is excellent," said Captain Nathan Truelove, master of a trading craft in the

FOOD FROM THE TROPICS

South Pacific Islands. "The first is when the meat and milk in the green cocoanut have not yet separated and are blended together in a semi-fluid pulp, about the consistency of a water ice, and may be scooped out and eaten with a spoon. The second is when the meat is newly hardened against the inside of the shell and the hollow within is filled with the cool, fragrant milk, one of the most beautiful and refreshing draughts that a man can find in the tropical lands. The third stage, to which few people outside the tropics are initiated, is when the cocoanut is sprouting and the embryo palm tree, formed from the milk, and the best of the meat lies in the hollow that is left, a kernal within a kernal, so to speak, and one of the daintiest morsels that a man ever lifted to his mouth."

THE APPLE.

The old Scandinavians believed that the gods subsisted wholly upon apples, and that it was through the peculiar properties communicated by this queen of fruits that they acquired the wisdom which they imparted to men. The acids of apples are exceedingly useful through their stimulating influence upon the kidneys, whereby poisons are removed from the body, and the blood and tissues purified. The acids of apples are all highly useful as a means of disinfecting the stomach, since the ordinary germs that grow in the stomach, producing biliousness, headache, and other troubles, will not grow in fruit juice or fruit-pulp.—*Good Health.*

NEW YORK VEGETARIAN SOCIETY PICNIC.

The New York Vegetarian Society Picnic occurred on Saturday, June 17, at the home and grounds of Rev. George Donaldson, Edgewater-on-Palisades, N. J., amid beautiful Chestnut Groves. There was a good attendance of the faithful Vegetarians,

including President Scott, Vice President Mrs. Haviland, Secretary Haviland, Treasurer Montgomery, Mr. George Brunswick, *et al.* Mrs. G. W. Wright, Mr. George M. Wright, Miss Mary Horrocks, and Miss Harriet Horrocks, of Frankford, represented the Philadelphia Vegetarian Society. The picnic was of the good old-fashioned sort, the spread being on the ground and the guests seated around on the grass in the shade of the noble chestnuts. We did not get a menu, but learned that some of the chief items were egg-plant, egg and Vegetarian Society nut butter sandwiches, salad *a la* Haviland, pickled beets, salads on lettuce leaves, dates, pecans and hazelnuts ground together, a novelty introduced by the Havilands; plums, dates, apricots, bananas, nuts, cakes, fruit crackers, lemonade. A contribution from Mr. Spencer consisted of one-day's traveling rations, whole wheat, almonds and evaporated apricots.

TAMALE POISONING.

The Los Angeles *Record* reports the poisoning of one of the most beautiful young ladies in the city, from eating tamale. As this is not found in Webster, we may explain that it is a little bundle of ham and chicken chopped; also corn-meal herbs and spices, the chief of which is red pepper, disguising the putrid taste of the meat. It is neatly tied up in an envelope of corn shuck, so as to give it a decent appearance. As the paper went to press the lady was delirious from intense suffering. The doctors all agreed that it was caused by the ptomaine poison of the decaying meat. Yet this it a popular lunch at Los Angeles, where fruits and nuts are abundant all the year!

The fact that Armour personally conducts a Sunday School does not make his embalmed beef a particle less wicked.—*Ex.*

July,

THE GARDEN



WASHINGTON FOR VEGETARIANS.

Mr. J. O. Clark writes from Olalla, Kitsap Co., Wash., that he has been in Washington eight months and the condition of his health required rest and quiet absolutely necessary, and this is why he has not been heard from in that time. He writes that in his opinion "a better place for Vegetarians cannot be found than here. There is no fruit nor vegetable of the Temperate Zone that cannot be raised to great perfection in Washington, and no climate in the United States, if in the world, that is more healthful than the climate of Washington, and no state in the Union where nearly if not quite everything that a Vegetarian would care to produce can be sold at a better price. All who prefer a moist climate can find it here on the coast and all who would like a dry climate can find what they want in central and eastern Washington."

It will be remembered that Mr. Clark advertised in *FOOD, HOME AND GARDEN* for the location he desired and the result was that he left Alabama and went to live in Washington, and is delighted with the climate there as well as the soil and social surroundings.

FRUIT FROM CALIFORNIA.

Mr. O. N. Cadwell, writing from Carpinteria, Cal., May 18, writes :

"I send you a little box of samples of fruit; two oranges from the tree illustrated in the April number of *FOOD, HOME AND GARDEN*, one Indian River orange, one Eureka lemon, several loquots and a small bottle of White Muscat Grape Syrup, made of the White Muscat grape. I find it very pleasing to the taste when I want something sweet. The white grapes are cooked, the juice pressed out, brought to a boil and

skimmed; then add the same weight of nice sweet sugar, again brought to a boil and then sealed hot in bottles or fruit jars. The Muscat Grape is very plentiful in California. Most of the raisins are made of them, and a great many are used for table grapes. I thought you would like to see and taste the loquat. They grow on a beautiful evergreen tree and I send you one of the leaves. The fruit grows in clusters. There are now bushels of oranges on that tree ripe, and we think very good oranges. The tree is still blooming and bears small green fruit. The Indian River orange you will find to be very thin skinned, compared with the others, and a very good fruit."

The above came with the box of fruit described, all in good order. The loquat is quite a nice fruit and we have planted the seeds. The others are fully up to the standard of good fruit, and the syrup excellent.

MRS. THACKER'S COLLEGE FARM.

My sole object is to help establish better conditions on earth, that the human race may be able to see and realize its higher possibilities. There is some magnificent scenery here and I expect soon to have some pictures taken. Here are some of the biggest live oak trees; a waterfall 60 feet high; many beautiful springs of water; the river (North Fork of the American); mountains and snowy peaks on one side, and sloping hills and valleys on the other. On the college grounds there is an orchard of 300 trees in full bearing of peaches, pears and apples. It is a remarkable fact that these mountain sides produce some of the finest fruit in the world *without irrigation*. All kinds of nut trees flourish here and bear abundantly. Within the distance of half a

GOOD HOME GARDENS

mile from where I write this letter there is a full-bearing orchard of English walnuts, almond, chestnut, peach, pear and prune trees. Also seven acres in muscat (raisin) grapes, and other trees and vines, and a fine young olive grove. Water is scarce, but the fruit grown here without water is said to be richer and more finely flavored than that grown lower in the valley, where it is irrigated. There are thousands of acres of land around here that might be cleared off and set to fruit trees. Fine wheat also grows on these mountain sides.

I have 200 acres of land here belonging to the college grounds. About 100 acres of it is wild, steep and rocky, but the other 100 acres, or most of it, can be cultivated. My idea is, as soon as I can get some co-operation, to set most of this land out in olive trees. Perhaps set two-thirds of it in olive trees and the other one-third in nut and prune trees. This is to be not only for the benefit of the college, but an example to the world, by way of utilizing the natural resources of the earth. Peanuts can be raised here whenever water can be obtained. I think they require irrigation. There are many springs here which afford some water; also irrigating ditches which pass through here carrying water to the country below. Water may be bought from these ditches. All kinds of berries grow here when supplied with water.—Sara Thacker, Applegate, Placer Co., California.

CITY POTATO PATCHES.

It is three years since a few gentlemen contributed funds for cultivating vacant lots in the city's suburbs to afford healthful employment to persons out of work. The first year one hundred lots of a quarter of an acre each were taken by poor men, women and children. The ground was ploughed for them and they were furnished with fertilizers and seeds, and a super-

intendent gave them instructions in planting, and caring for the vegetables raised thereon.

There was no trouble in getting land enough. The second year more than doubled the number of the applicants for lots, and the demand is still greater this year, the question now being how to raise funds to carry on the work. Experience has demonstrated that for each dollar expended by the association the laborer in charge of a lot takes off four dollars worth of produce. It is principally consumed by them, although some is sold.

The advantages are twofold. It not only gives employment to those who would otherwise have nothing to do, but it also educates them as agriculturists and gardeners. Several who have worked these plots have obtained positions as gardeners, and some have gone into the country to work on farms. It is one of the principles of the association not to turn off a man because he has bad habits, believing that his interest in his work will aid in his reformation. The principle product so far has been potatoes, and the other crops cover most of the vegetables commonly seen in market.

The success of the experiment has encouraged the promoters to ask the public for funds to extend its work. A gift of \$10 enables a family to grow \$60 worth of vegetables. Money can be sent to Nathaniel B. Crenshaw, Treasurer, Girard Trust Building, Philadelphia.—*Phila. Ledger*.

DRIED BANANAS.

It is found that dried bananas take the place of raisins in puddings very well, and an enterprising firm in Queensland has sent to the agent's general office, in Victoria street, Westminster, a consignment of dried bananas, with the object of opening up a market for them in England.—*Phila. Public Ledger*.

FOOD HOME AND GARDEN

GARTSIDE'S METHOD OF AVOIDING LA GRIPPE.

Our friend James H. Gartside, of West Philadelphia, thus gives his experience with last winter's epidemic:

"I believe that man endowed by a supreme being with reason, should utilize his reason in all things, especially his health.



JAMES H. GARTSIDE.

"Last winter we had a great many cases of La Grippe and typhoid fever in West Philadelphia, called an epidemic and the press attributed it to the water supply. My family consists of eight adults, four of whom are boarders. I was the only one that escaped the grippe. I never stopped using the city water, while the others used ice, spring and bottled water from supposed medicated springs. I stopped using meat, while the others used all kinds of meats. I substituted Peanut Butter and other kinds of nut food. I reasoned this way: I noticed that the doctors forbade all grippe patients from eating meats while under their care. In one case the patient ate a hearty meal of meat while convalescent, which resulted in a relapse that came near proving fatal. I reasoned that if it was necessary to stop eating meat to enable the

doctor to effect a cure, it would be wise to stop eating it before he was called in. It would certainly assist the doctor, if not prevent the necessity of calling him in.

"The reason I continued to drink the city water was this: I knew the human stomach would adjust itself to anything that, by gradually increasing the dose, it can be made to retain enough arsenic to kill a dozen men whose stomachs had not been trained to the use of this particular drug. All waters affect strangers, while the same waters have no effect on the natives. For this reason I resolved that it would be the safest plan to continue using that water which my stomach was adjusted to.

"I had the typhoid fever while in the Army of the Potomac, in 1862. I believe it was caused by the eating of too much fat pork. I know that I ate a great deal more than the good judgment of my mother would have allowed me to eat while at home, before entering the army. It is possible that I would not have eaten as much meat had I the variety of vegetables that my stomach had been trained to at home. In other words, the meal prepared by the young man's mother, with its variety of vegetables, is healthful, while that prepared by himself in the army, with meat alone, is poison. Reasoning on these lines and judging from my past experience, I believe that most of the sickness at home and in the army is caused by a sudden change from a vegetable to a meat diet. It does not necessarily need to be canned beef: an over-dose of turkey will produce the same effect. You know how you feel the day after Thanksgiving Day. I hope these few lines will start others to reasoning out their health problem."

Mr. Gartside is engaged in the very laudable endeavor to induce habits of cleanliness. He is the inventor of a washing machine of very simple construction, which, with the use of his soap, makes washing only playing with soap, water and clothes.

...Willow Grove Park...



THE LILY POND.

THE PARK where the Philadelphia Vegetarian Society held its picnic on June 15th, 1899, is worthy of permanent record and illustration. The ride to the Park on the trolley road is, all things considered, the most varied and delightful trolley ride leading out of Philadelphia. It is along the Old York road and cars up Eighth and Thirteenth streets convey passengers, for ten cents each, swiftly along between residences and grounds that compare quite favorably with such as adorn the suburbs of London and Paris. The speed of the trolley, even on the hottest summer days, causes a breeze to be felt which is of itself a most delightful refreshment to the passengers, and even invalids feel an invigoration that brings on a healthy glow. But through the enterprise of its promoters, the end of the journey at Willow Grove is the climax of landscape beauty and attraction.



THE ISLAND.

The general view, which can be taken from the trolley as it passes around the grounds, embraces the three groves, specially provided with kitchens, water, tables and benches for large or small parties; the Lake, with its Electric Fountain, Boat Houses and Gondolas; the Music Pavilion the Casino, the Ladies' Pavilion, the Theatre, the Bicycle Track and Grand Stand, the Chutes, the Gravity Railroad and the Grand Pavilion, where the picnic and after dinner addresses were made (see page 102), all combine features of interest, and the wide spreading lawns and gravelled walks amid shrubbery and flower-beds, around

Lake and Lily Pond, with undulations of surface sufficient to cause variety of landscape at every turn, with the Cheltenham Hills in the distance, make this the most charming resort of the kind to be found on either side of the Atlantic.

The view we give from the Music Pavilion affords some idea of the popularity of the concert feature which is this year made exceedingly attractive by the scientific performances of the Banda Rossa. The height of beauty and fairyland effect is when the Christmas tree is lighted at night, the Electric Fountain is displaying its varying colors and the band is playing to the assembled multitude.



WM. P. WILSON,
Director-General National Export Exposition. See p. 127.



T. ANDERSON HANSON.

FOOD, HOME AND GARDEN.

VOL. III, NEW SERIES, NO. 31-32.

AUG.-SEP., 1899.

WHOLE NUMBER 104-5.

T. ANDERSON HANSON.

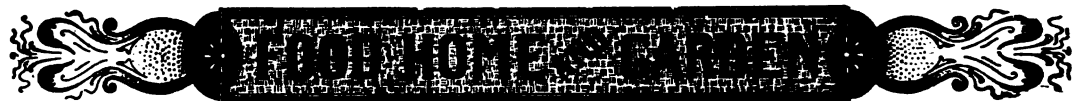
THE ATTAINMENT of eighty years in good health and spirits on the twentieth day of last June is what we congratulate Mr. T. Anderson Hanson upon, and we have given him the place of honor on our frontispiece this month because we know how earnestly he has devoted the latter part of his long life to the cause of temperance in regard to both food and drink. It is fully fifty-seven years ago since he pledged to abstain from intoxicating liquors with the understanding that if he ever repented of that act he could withdraw the pledge. But he never had any cause to repent; on the contrary, he had every cause to be thankful that he had so pledged himself, as, when aiding to subdue the great conflagration at Hamburg in May, 1843, those engaged in the same work who were supplied with liquor, perished in the fire they were working to put out, but keeping a cool head saved him from that terrible fate.

Owing to a railway accident in March, 1853, he became afflicted with sciatica by which he seemed to be doomed to a painful lameness for life, but hearing a lecture by James Simpson, the first president of the Vegetarian Society, England, he was led to adopt Vegetarian habits and after six months' careful attention to his diet, during which time he visited Tunis, he was completely restored and in splendid form and

has had no twinge of sciatica since. He, however, succumbed to social influence and again became a flesh-eater. As a consequence he suffered for twenty-five years liver disorders which made life miserable. But Sylvester Graham's *Science of Human Life* came into his hands and its reading again induced him to adopt a Vegetarian diet. He lost all his liver disorders and for the past twenty years has consistently abstained from flesh. He declares: "I hardly know that I have a liver. This amendment I attribute to my change of diet altogether."

At the age of seventy-two, in 1891, he had the misfortune to break the fibula of his left leg. The doctor told him at that age the bones would not often knit. He, however, kept to a pure vegetable, bone-forming diet and recovered so completely that, after seven weeks, he traveled seventy miles, changing from 'bus to rail without assistance. Since the swelling subsided, he has had no reminder of the fracture. He often now walks ten and sometimes fifteen miles a day.

Mr. Hanson came to America and attended the World's Fair and Vegetarian Convention at Chicago in 1893, and was exceedingly active in taking part in the proceedings of that and other conventions and was fully equal to the younger members of his party in exploring the American



continent and in gallantry to American ladies. He says: "this restoration I attribute to my abstinence from fire-water and from flesh." Being troubled with a cough in winter and sometimes, in a milder form, in summer, and finding the prescriptions of the medical profession of no avail, he turned with but little hope to Dr. Nichols' brochure on the "Common Diseases of the Day." There he found the use of tea, coffee, cocoa and cheese discouraged, as irritants to the bronchial tubes. He discontinued them, and says: "I took to wheat-bran tea* and have thereby got completely cured of my cough, leaving not a wreck behind."

Mr. Hanson writes almost a juvenile hand for steadiness and concluded one of his interesting letters thus: "Fifty-seven years on alcohol abstinence and twenty years a Vegetarian, my system seems far from deterioration and, barring accident, I look forward to being useful for years to come. I have a good memory, a steady hand and as erect a gait as here and there one past four score. I can sincerely recommend my beverage and diet."

Mr. Hanson is treasurer of the Vegetarian Federal Union and, in conjunction with Miss May Yates, he represents the Vegetarian Society of America in the councils of the Union.

A COMMONWEALTH AT WASHINGTON, D. C.

Right in the heart of the Capital City there is a society called the "Commonwealth," the thirty members of which range from 4 years, the age of the youngest member, to 72, that of the oldest. Twenty years ago this society was started in Belton,

Texas, a town about 200 miles from Galveston. Under the leadership of Mrs. McWhorter a plan was drawn up and approved. Since that time they have lived together like one large family, sharing everything in common. They opened an hotel in Belton called the "Commonwealth," which, though at first disliked by the townspeople, soon won the approval of the travelling public. Another hotel was opened at Waco, which was equally successful. Their worldly goods increased and they took turns in travelling; engaged in philanthropic and educational work and helped others start in life. Last autumn the "Commonwealth" decided to remove to Washington, and the community has bought a fine piece of property on Kenesaw avenue near Fourteenth street. The house is being repaired and enlarged and when completed, each person will have a separate room, and there will be parlors, reading rooms, dining room, school and play rooms for the younger members. The community owns a horse and carriage. They live economically, but well, and each one takes whatever recreation she chooses. Everything is systemized so thoroughly that there is little restraint upon the members, who lead their own individual lives to a remarkable degree. As Mrs. McWhorter says: "We try to follow nature's laws. We are living for the good of each other, and whenever possible try to do good to others. We elect to give people an opportunity to work for themselves, to open up a way for them to earn their own living rather than give them alms."—V. B. in *Philadelphia Ledger*.

The use of the pronoun "she" indicates that this is a commonwealth of females only, but we are not sure it is so. We like the plan of "living individual lives." The drawback on communities usually is the restraint on personal freedom.

*For recipe for Bran Tea and fifty other useful recipes, see pamphlet of the Vegetarian Society Mill, FREE on application by postal card to the Vegetarian Society of America, 1023 Foulkrod Street, Station F, Philadelphia.



MAKING PEANUT BUTTER.

There are different methods of making this much talked of butter. Some boil the nuts with oil, some with water. Some steam them. Some roast them in large cylinders, which cause their own steam to penetrate the nuts. But we carefully bake them. We prefer this method because it preserves the richness and purity of the nut. But we do not bake them to a *dark* brown, but just sufficient to loosen the skins and partially free the oil, so as to cause it to blend with the farinaceous portion of the nut in forming a soft, creamy or buttery substance. We add nothing to the nuts by baking and therefore do not detract from their natural sweetness. They are cooked just enough to make them easy of digestion and not browned so as to be like fried food (an objection made by some to the roasting process). Even water or steam injures the keeping quality and will cause the butter to become rancid. Some manufacturers retain the brown skins of the nut, grinding them altogether. This lessens the labor, but it detracts from the flavor and purity. Then to disguise the bitter flavor of the skin, salt is added, supposing that it will be the means of preventing the butter from becoming rancid. This again detracts from the purity and delicate flavor of the product. The skin of the nut is a preservative of the *kernal*, but if ground up with it introduces a very objectionable element which not only injures the flavor by its bitterness, but detracts from the keeping quality. Then, if a nut be burnt or scorched as in roasting, it introduces a kind of cinder and ashes, which also detract from the keeping qualities of the butter. In our process *all scorched nuts* are eliminated. Indeed, the scorching is usually prevented by careful baking.

The art of making pure peanut butter is as

much a matter of thoughtful care as the art of churning the gilt-edge dairy butter of the special dairy farmers who obtain double price for their product.

We believe pure peanut butter will be found far superior to Cod Liver Oil or even Olive Oil for anæmic and consumptive patients, and we would be pleased to hear its results when tried in such cases. Absolute purity is the true secret of our success.

DR. MUSSEY'S VISIT TO ENGLAND.

BY T. ANDERSON HANSON.

The March issue of *FOOD, HOME AND GARDEN*, containing, as it does, a very correct likeness of Dr. Mussey, whom I remember, reminds me of him as a guest of my father-in-law at Bradford, Yorkshire. Although my father-in-law had not discovered the advantages of a fleshless diet, as had his guest, the two fraternized well, for in the year 1846, they were both able to look back upon the many years they had been as medical men, eye to eye on the drink question. In June, 1827, Dr. Mussey read an address on ardent spirits before the New Hampshire Medical Society. Dr. Mussey, in one of his addresses, asks: "What is a poison?" and replies: "It is that substance in whatever form it may be which, when applied to a living surface, disconcerts and disturbs life's healthy movements. It is altogether distinct from substances, which are, in their nature, nutritious. It is not capable of being converted into food and becoming a part of the living organs. We all know that proper food is wrought into our bodies; the action of animal life occasions a constant waste, and new matter has to be taken in which, after digestion, is carried into the blood and then changed; but poison is incapable of this. It may indeed be *mixed* with nutritious

FOOD, HOME AND GARDEN

substances, but if it goes into the blood, it is thrown off as soon as the system can accomplish its deliverance, if it has not been too far enfeebled by the influence of the poison. Such a poison is alcohol—such in all its forms, mix it with what you may.”

I had an idea that Dr. Mussey paid a later visit to this country than to the World's Temperance Convention, held in London in 1846, but although I have consulted Mr. Robert Rae and the Rev. Dawson Burns, I cannot establish the fact; the latter tells me that he died on June 21, 1866, at the age of 86.—77 Amersham R., New Cross, London, S. E., April 15, 1899.

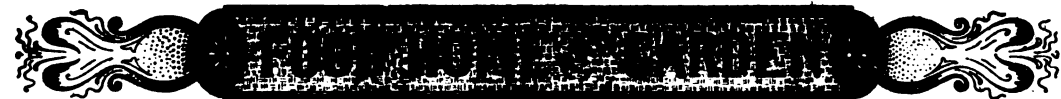
COMING OVER.

I suppose it will seem rather strange to receive a letter from a meat-eater in defence of the Vegetarian system, but nevertheless here we are. I received the February issue of *FOOD, HOME AND GARDEN* and thank you for the favor. I recognized my father's autobiography and portrait and was pleased with them. I have always been an eater of meat, but I hope and expect to give it up. I am seriously thinking of becoming a Vegetarian, as I believe it is the best and most healthy way to live. Every time I sit down to a meal of which meat forms a part, I cannot help asking myself if it is a proper article for food. My mind or reason answers no in spite of every other argument. It seems to me as if it were a sort of legalized cannibalism that has found favor with the public generally, but I think it will in time become a thing of the past, especially among the more enlightened people. Why should the flesh of one creature be any more fit to eat than that of another? Why not eat crows and buzzards? They certainly are not any more filthy than chickens or hogs. But why should we take the life of any creature

that has just as much right to live and enjoy this life as we have? Is it not to satisfy a gross and carnivorous appetite? There are an abundance of things which nature provides us, in the line of vegetation, on which we can well exist without resorting to the criminal practice of slaughtering innocent creatures. This is a subject to which I have heretofore given but very little thought although I have always heard my father advocate it, but hereafter I intend to investigate it, as I think it is a great benefit to all who adopt it, both morally and physically. I will close by saying: May the health and blessings of a Vegetarian life be and remain with you all. Amen.—G. E. Dickie, River Rouge, Wayne Co., Michigan.

FROM SKEPTICISM TO CONVICTION

We have been the strictest Vegetarians for the past six years. The refining and elevating influence of Vegetarianism is being daily exemplified throughout the length and breadth of the civilized world. I first started as a skeptical experimenter, but soon discovered that I had unvailed a necessity. Very few understand that meat is a powerful stimulant to the sensitive nerve tissues and like alcohol or other powerful stimulants that have been constantly used for a long period of time, to be removed, causes a great relaxation. The vital forces having become so accustomed to act under these strained conditions, are at first apt to be disturbed, as with the inebriate. The sensational desires which amount almost to passion in some cases, must be entirely ignored in overcoming any powerful stimulant until the system can readjust itself to the new conditions. Health improves, vivacity and vitality increases and the expense of living greatly decreases. Add to this moral and spiritual



culture and that person stands above the vicissitudes of ordinary life. The once stupefied consciousness now being illuminated goes out, with a whole-soul desire, to aid others to rise out of the death-dealing flesh-pots and show them by example the real sacrifice flesh eating imposes upon the world.—J. A. Martin, 3212 Madison street, Seattle, Wash.

IS CHEESE VEGETARIAN DIET.?

We all know that we can use milk, butter and eggs without taking life, but *not* cheese. When I was a girl I saw a great deal of cheese made, among Connecticut farmers. The inside linings of the stomachs of animals are cleaned thoroughly, then put in strong brine for a certain length of time. It is then taken out of the brine, stretched on frames and dried, then put away for use. When a cheese is made, the milk is heated to blood-warm, a small piece of the dried stomach-lining (or rennet, as it is called) is cut off and put to soak in warm water; this water is strained into the warm milk and when it is cold, it is turned to thick curd. There are two kinds of rennet on the market for making junkets from sweet milk: in a liquid form and one in form of tablets. I presume they are both made from animal's stomachs in some way, but I do not know positively. I do not think Vegetarians would make use of cheese if they knew how it was made. I know, as I have seen the whole process of cheese-making and have often assisted in it when I was a girl. It was not until I became acquainted with my present husband that I knew what Vegetarianism really is, and, now that I do know, I want to do all I can for the cause.—Hannah E. Siddons, P. O. Box 61, Harrison, N. Y.

See Dr. Reinhold's ad. of Vegetarian board.

VEGETARIANISM. — A NECESSITY OF PROGRESSIVE LIFE.

BY DAVID S. CADWALLADER, PHILA., PA.

Vegetarianism is a deep-seated principle of human life—of *infinite life*—and cannot, consequently, be ignored by the *truly* progressive mind at this stage of human development. To see such, it is no longer a matter of speculation or doubt, but a real, tangible and intuitive scientific fact, based upon a close study and a correct knowledge of the divine laws of our being, both individually and socially, spiritual sovereignty. It is the legitimate result of a divine unfoldment of the human soul to more exalted conditions of conscious existence: a veritable expression of the indwelling spirit of growth or the spiritual law of *necessity*.

In the universal economy of life there is no practical substitute for it, therefore *man*, sooner or later, by virtue of his inherent powers, must become a Vegetarian. To the truly inspired soul and scientific mind, there can be no doubt about the necessary and persistent outworkings of this divine principle of human life.

Vegetarianism as a science of the soul, an art of life, requires a patient study or a spiritually receptive mind, or both, in order to fully comprehend its true mission on earth—life. Infinite life—the holiness of being—dictates the true course of all human life, and, in fact, of all life, as its integral or individualized parts, and there can be no deviation, with impunity, from its wise and impartial requirements to the end of human perfection, preparatory to the final re-union of the human with the divine in the universal centrality of being.

Let each and all diligently study and become master of this problem of life, and thereby introduce a new and *necessary* spoke in their wheel of human progress.



Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

We are glad to see that Dr. Reinhold has taken a larger house at 823 Lexington avenue, New York, where he not only treats chronic cases with water, hot air, wet sheet, massage, etc., but will be able to accommodate transient and regular boarders with Vegetarian fare.

The Dukhobors now located in Manitoba are an example of strong, stalwart men and women, who have voluntarily and from conviction, adopted a Vegetarian diet for many years and in a severely cold climate, with evident advantage to their health and vigor. We understand they now number 7,500.

It is a common practice with those who attack Vegetarianism to take the position of a single writer as a genuine exposition of Vegetarianism: there is a great variety of independent writers on this subject, none of whom are entitled to be recognized as exponents of anybody's theory but their own. Nor do they claim that they are.

Dr. Amadeo, a Porto Rican physician, is quoted in the *Inter Ocean*, Chicago, as claiming that his own countrymen have weakened under a compulsory Vegetarian diet, caused by high tariffs, and are longing for the delightful canned or "embalmed" beef. This, no doubt, is a canard gotten up in the interests of the great Chicago industry.

The watermelon, from seed to rind, is an antidote for kidney and liver troubles. Every part is valuable. The thick rind makes an excellent preserve and the seeds, dried, keep well and can be used as a tea all the year. They can be ground in the Vegetarian Society Mill.

The Newburyport *Daily News* contains an able letter from Mr. J. A. Wilson, of Amesbury, Mass., embodying the first 15 items of the Vegetarian Synopsis. We will be happy to supply a copy of the Synopsis to any one who will procure its insertion in a local newspaper or magazine.

In addition to the articles enumerated in our twelve-page pamphlet as productions of the Vegetarian Society Mill, we may add a very superior article of Fruit Butter, by which fruit sandwiches may be added to the picnic and lunch menu, a pint can of which will be sent by mail on receipt of 50 cents.

Sir Henry Thompson is quoted as saying that no form of vegetable nourishment has ever been found on which it is possible to rear an infant, milk being excluded. How about Mellin's Food for Infants? But does it follow because we subsist on milk in infancy we must eat the mother in maturity?

Mrs. Siddons' article on cheese is timely. Dr. Kellogg's objection to cheese is that it is a nursery of microbes and is usually infested with them. Now that nut cheese has been described by so good an authority as Mrs. Rorer and is made in our nut butter dairy, there is no excuse for taking animal cheese.

The first meeting of the Chicago Vegetarian Co. was held July 12th, when the following directors were elected: *President*, Clarence S. Darrow; *Vice President*, Dr. F. N. Doud; *Secretary*, Addison Blakely;

August-September,

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FOOD FROM THE GARDEN

Treasurer, C. P. Johnson; *Manager*, A. H. Snyder; Miss Francis E. Dusenberry and Mrs. Fairchild Allen complete the Board of Directors. This is a list of good workers who will, we trust, keep the good cause alive in Chicago.

LIVED TILL HIS 95th YEAR.

Daniel F. Tieman, who was mayor of New York City in 1858-59, we are informed on good authority, was a Vegetarian the last thirty years of his long life. He was born January 9, 1805, and died June 29, 1899. By adopting a Vegetarian diet he long outlived all the associates of his active political life. He voted for Andrew Jackson and William McKinley.

DR. KELLOGG IN ENGLAND.

Dr. J. H. Kellogg, of Battle Creek, Mich., was cordially received by a crowded audience at Memorial Hall, London, Eng., June 15th, and delivered one of his characteristic addresses. We are glad to see Dr. Kellogg has so completely won the hearts of English Vegetarians. Mr. Arnold Hills occupied the chair and paid a deserved and graceful tribute to the lecturer. He also visited Manchester, where he was similarly welcomed.

ROBERT INGERSOLL.

The *North American* remarks that "Ingersoll was a good deal Oriental. He hated meat-eating and vivisection. 'Every time a piece of meat goes between my lips I am ashamed of myself,' he said. He would not consciously shake the hand of a vivisectioner." Robert Ingersoll's name was, for some time, on our subscription list. Had he followed his evident convictions on the subject of food, his life of kindness and charity would probably have been much extended. Many lives are sacrificed by not obeying these higher impulses.

AMERICAN VEGETARIAN COLONY.

We have received a large accession to our list of petitioners to Congress for an appropriation of land for a Vegetarian Colony, but we need many more. Send us the names. Those who know of a suitable site, government land, will please report location and description of the same, to aid in selecting.

DR. WILLIAM E. A. AXON.

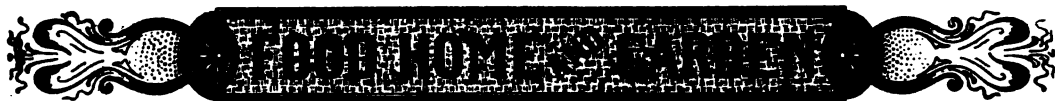
We congratulate our learned friend Dr. William E. A. Axon, Manchester, England, on receiving the honorary degree of LL. D., from Wilberforce University, at its recent commencement. Mr. Axon is a member of the Vegetarian Society of America, Vice President of the Vegetarian Society, Manchester, and literary editor of the *Manchester Guardian*, *Vegetarian Messenger*, etc.

INDIVIDUAL FREEDOM.

The success of the Commonwealth Community now located at Washington, D. C., is owing to the individual freedom enjoyed by the members. The failure of most commonwealth communities is attributable to the rules affecting personal freedom which soon become irksome when applied to daily life. When the law of love is written on the heart, other laws become unnecessary and with this law there is the truest liberty.

BLOODGUILTINESS.

We have received a copy of the *New Republic*, Washington, D. C., containing a strong protest against war and killing by Caroline A. Blodgett. It also hints that the inhuman practice of destroying life, both animal and human, prevents the fruition of the second advent and that event cannot occur until Christ's followers shall lay aside their bloodguiltiness and adopt in practice, as well as profession, the law of love.



MRS. THACKER'S CABIN.

Our friend Lindeman says the log cabin where Mrs. Sara Thacker lives is in a canyon 2000 feet below the site of the Esoteric Colony which adjoins her 40 acres, and that the sun seldom shines there until mid-day. Mrs. Thacker has 160 acres nearby, in addition, which together form the 200 acres of her proposed ideal colony. He further says Mrs. Thacker is a good neighbor to the colony.

VEGETARIAN LABOR EXCHANGE.

We have received from Mrs. N. E. Arnold, Daytona, Florida, a draft of the proposed Vegetarian Colony to form a branch of the Labor Exchange. Its preamble declares that: "Whereas, 19 centuries of Christianity as taught by the flesh-eating and money-worshipping schools of thought, have failed to effect a satisfactory general condition, either of health or morals; and whereas, isolated individuals, in attempting to stem the tide of public opinion and desire meet so much opposition, that it seriously interferes with their success for themselves and children; Therefore, we the undersigned do hereby join together promising to do all we reasonably can to promote the plan herein stated, renouncing any legal right we may hereafter obtain, to take anything from the colony necessary to its welfare."

The object is stated as "self-government according to the divine standard (Matt. 22 : 37-40) for the highest good of all, by freeing its members from want and the fear of want, furnishing the means of cultivating individual talents and carrying on such business as will best promote the individual and corporate interests, and through them the best interests of the world at large, until we can secure the complete banishment of everything that tends to degrade and demoralize mankind; its members shall live together on such terms as are apparent-

ly best adapted to individual freedom, happiness and development."

The bye-laws appear to be carefully drawn and are probably well adapted to start the organization, but are too much in detail for our space. The reference to diet in them is as follows: "The members of Pranana Branch, No.—, shall all be persons who have reached the point in higher development where they realize that in 'liberty and the pursuit of happiness,' there is no place for flesh-eating, alcohol, tobacco or any other narcotic, or for immorality, and desire to live up to their convictions."

PIGEON-SHOOTING WOMEN.

The editor of *Our Animal Friends* is amazed at the fact that women are entering the lists to contest with men in the sport of shooting pigeons, and cannot understand how it is that refined and educated women take such delight in this and other cruel sports, involving suffering and death to thousands of harmless and beautiful creatures. We can easily see how it is, but *Our Animal Friends* seldom touches upon the subject, which is this: women are taught by their physicians that they must eat "rare beefsteak" in order to nourish their bodies, and the taste of blood has become a daily habit with them, and this engenders love of cruelty and excites the animal passions, and instead of being angels of mercy and almoners of divine love for all creatures, beautiful women are becoming fiends incarnate in their delight at shedding innocent blood. Why does not *Our Animal Friends* strike at the root of the evil, instead of lopping off the twigs? Why complain of women encouraging the killing of birds for adornment and say nothing of their encouragement of the slaughter of harmless and inoffensive cows, oxen, sheep and lambs, by eating butchers' meat?

HOME DEPARTMENT

LUNCHEON MENU.

Corn oysters. Baked potatoes. Olives.
 Bean salad. Nasturtium salad.
 Nut sandwiches. Fruit sandwiches.
 Blackberries. Currants.

Corn Oysters.—Neither milk nor flour should be used in making corn oysters. Grate the corn half through the grains, and scrape out the pulp carefully. To each eight ears so prepared add two eggs well beaten (not separately), one teaspoonful of salt, and a saltspoonful of pepper. If the corn is too milky to hold in shape while frying, add some fine cracker crumbs. Fry in hot nutcoa in a spider, dropping in the batter in spoonfuls, oyster shape.

Bean Salad.—Boil young string beans, either the green or the wax, until tender. Put them in boiling salted water. When done, drain and throw them into cold water. When cold, dry on a towel, cut them into pieces lengthwise and mix with dressing. Let them get very cold before serving on lettuce leaves.

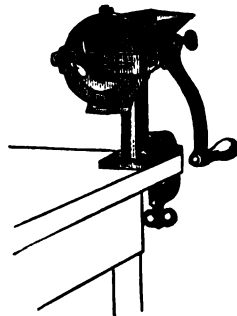
Nasturtium Salad.—Slice an equal quantity of cold boiled potatoes and peeled ripe tomatoes and about half the quantity of fresh bunch onions. Pluck fresh nasturtium blossoms and tender young leaves, both with long stems, and arrange them around a glass bowl. Then place the vegetables in the bowl in alternate layers, pour French dressing over the whole, and stand on ice for one hour. At the moment of serving, toss all together. For the dressing allow half a teaspoonful of salt, one quarter teaspoonful of salt, one quarter teaspoonful of pepper, and one tablespoonful of vinegar to three tablespoonfuls of olive oil. Blend the

salt and pepper well with the oil and add vinegar little by little.

Fruit Sandwiches.—Spread fruit butter on thin slices of buttered bread, or take fresh fruit slightly crushed, sprinkle lightly with sugar. Raspberries, currants or any small fruit are good for the purpose.

VEGETARIAN SOCIETY MILL.

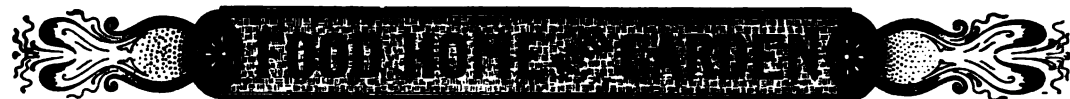
PROGRESS IN CONSTRUCTION.



To clean the mill remove thumb-screws in crank and at back end of case, then draw out spindle and grinding disk.

An extensive correspondence with Vegetarians and hygienists in various parts of the country in regard to their wants and desires led us to the conclusion that a much lighter mill, constructed on the same centrifugal principle so as to readily discharge the nut butter and other soft products likely to choke up other mills, was greatly needed. The mills we have hitherto sold are constructed for strength and durability, and they weigh so much that they can only be shipped by freight which, as at present managed, is both slow and expensive, and so we have been looking for a skilled mechanic who could construct a mill that would be light in weight and easy to run. Surely Philadelphia could furnish such a man!

After much searching we have found a mechanic who has been making mills for grinding corn and other useful purposes, with plates toothed on the same principle as the Vegetarian Society Mill. He has studied up the subject of grinding dry



bread into crumbs and was selling a little mill for this purpose. The grinding of nuts was called to his attention and by several modifications, he has produced a mill weighing less than a third of the weight of the mill we have been selling, as described in our pamphlet on the Vegetarian Society Mill, but which will grind grain or nuts as desired.

The use of ball bearings where the greatest friction would occur, has made this mill run very light, adapting it to the use of ladies and children, who can turn it with ease and rapidity. We have been thoroughly testing this mill, and after strengthening it in its weakest parts by heavier castings and some other modifications, we have concluded to put this mill on our list of mills as especially adapted to persons living in remote parts of the country wherever they can be reached by mail, and we will pay the postage. It is capable of being divided into two or three parts and each part can be sent by mail, although the whole mill would be too heavy to send in that way.

By this improvement our customers are relieved of the impositions and exorbitant charges by express and fast freight companies and we can send by kind Uncle Sam a mill to any part of the United States, postage prepaid, for the sum of five dollars. The same mill will be sent by express to nearby localities on receipt of four dollars, expressage to be paid on delivery. This will apply to places where a ten-pound package would be carried by express for less than one dollar.

The same description of mill, only much larger, adapted for manufacturing for sale, with either a fly-wheel for hand-power, as shown in the engraving, or a pulley for a belt to be run with engine or motor, without the iron frame, as shown in the cut, will cost \$25, and with the frame or iron stand,

\$35. In this case the freight from Philadelphia will have to be paid by the receiver.

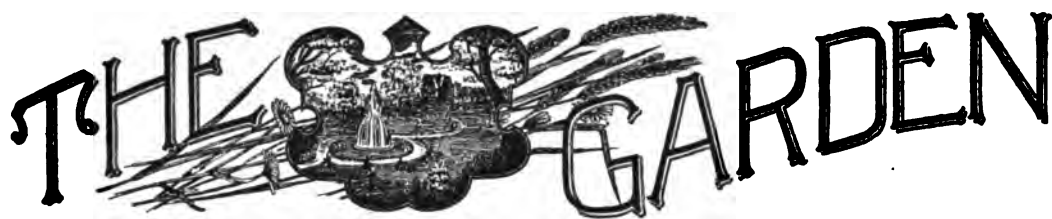


As to the capacity of this improved mill, it is nearly the same as that of the mill we have hitherto sold, the ball bearings enabling the operator to run it faster with as little expenditure of power.

The reader now has a choice between the heavy mill and the light, and his choice must be according to circumstances. Both are good mills. The heavy mill will last a life-time with little or no repairs and the light mill may occasionally require a new set of plates or a new part, which, however, can always be obtained at moderate cost by mail, all the parts being light and mailable.

Persons in doubt as to their choice, writing their special wants, requirements and conveniences to us, we will use our best judgment sending them the mill best suited to their requirements, the amount to be sent for the hand-mill being the same in both cases except in nearby localities.

THE GARDEN



COCOANUT JUICE.

The juice drawn from the undeveloped flowers of the cocoa palm just before their budding, is sweet and pleasant to the taste, and is often given to sickly or weaning children.—Captain Truelove.

ALMONDS IN SOUTH CALIFORNIA.

Almonds are high priced because they require a warm climate, free from frost. Southern California seems to be the home for this splendid nut and its culture will add immensely to the wealth of that state. But there is land in Southern Texas and Southern Florida well adapted to this culture.

PECANS.

These are the finest of American nuts. They grow naturally in the Southern States and are most prolific there, but some are now grown as far north as New York and even Michigan. Cultivated pecans are said to produce a bushel of pecans the tenth year after planting the seed, and they increase their crops yearly afterwards. The pecan grows to be a very large, handsome tree and would be ornamental, if allowed its natural shape.

PUBLIC FRUIT CULTURE.

The *Vegetarian Messenger* states that in the Kingdom of Saxony every street which admits it, is planted with fruit trees and these are let out by the government at an annual rental, producing a revenue last year of \$40,525. Now that Philadelphia has a forester, why not also have a pomologist and have all vacant spaces in our streets planted with chestnut, walnut, cherry or some other suitable fruit tree? They would improve the streets and bring a good return.

GOOD FOR THE BOYS.

We tried the experiment this year of planting sweet peas, nasturtions, cosmos, etc., outside the front fence. We were warned that the boys would gather them as fast as they bloomed, but although surrounded by boys, not a flower has been gathered without our permission, and the boys have sometimes helped in their cultivation and preservation.

A NEW BERRY.

The *Washington Star* is authority for the statement that a new fruit called the coral berry is slowly beginning to make its way into the Eastern markets. It comes from California and is said to be an improvement even on the luscious strawberry. It is acidulated and extremely aromatic. It grows on a bush and is enclosed in a burr. When it begins to ripen the burr opens and the flaming red berry appears. The foliage of the bush is of a lovely silvery hue. At present the fruit is a little difficult of transportation owing to its ripeness and succulent nature.

THE COMMON DOCK.

From Richard Middleton, Germantown.

Mr. F. W. Jackson, of Walmsby street, Stalybridge, writes with reference to the paragraph in last week's *City News* on this subject: "The common dock has been used as a famous medicine for many years. I am the holder of the following recipe which I will allow you to print for the benefit of suffering humanity. It is my sole property and is a cure for dyspepsia and indigestion. Procure half a pound of red dock leaves and mix with one pound of good tea. Let your dock leaves be thoroughly dried. Then use like ordinary tea."



LARGE CHERRIES.

We have received from Mr. S. H. Carnahan, College Place, Washington, a basket of cherries of the Royal Ann and Black Republican varieties. We counted forty-two large cherries on a six-inch branch of the beautiful Royal Ann, a bright red cherry. The college of Vegetarian students, located at College Place, appears to be in a country rich in fruitfulness. We are glad that the college continues to flourish as it deserves to.

IMPROVED CHESTNUTS.

A grafting of the Japanese chestnut on to the common American chestnut stock is producing a fine large chestnut tree bearing a large nut which partakes of the good qualities of both varieties. The hillsides of Pennsylvania are many of them covered with a prolific growth of American chestnuts. It would be easy to buy up these lands and graft the trees with the Japanese chestnut and thereby secure quick results. They ripen quite early.

COPRA.

It is in the production of copra that the cocoa palm has its chief commercial value. Copra is the meat of the cocoanut dried for export, to be used in making oil. In earlier times the South Sea natives grated the cocoanut meat and expressed the oil themselves in a rude lever press, to barter with cruising traders for tobacco, liquor and trinkets. Now the meat is cut by them into such size and shape as will enable them to pack it to the best advantage and is mostly sent to regular ports of shipment. The copra is shipped to Europe or America to factories where the oil is expressed to be applied to a variety of uses.—Captain Truelove.

This method prevents rancidity as copra will keep sweet.

S. CALIFORNIA FOR A COLONY.

Miss M. E. McGraw writes from San Francisco: "Yes, indeed, you may depend upon me as a signer to your petition, and I will ask all my Vegetarian acquaintances (including Mr. Diamond) here in San Francisco to sign for you also. I vote for Southern California as the locality. That is the very place I mentioned to you in my last letter as especially suited for a Vegetarian Colony. Nuts, fruits, olives, etc., grow there naturally."

GROWING NUTS IN CALIFORNIA.

California is said to produce more than two million pounds of English walnuts a year and great quantities of almonds, filberts and hognuts, and the business is increasing. Other states are following the example of California, so that we may hope these valuable nuts will eventually form the staple food of the people of this country. There will then be no excuse for killing our gentle neighbors, the cow, the ox or the sheep to obtain nitrogenous food.

NUT GROWING.

We have frequently urged the culture of nuts. The demand for nuts is increasing more rapidly than the supply, consequently prices are advancing. Peanuts, being annuals, are productive of profit in a few months from planting and for those who cannot afford to wait, are the nuts to begin with, as many crops can be harvested before other nuts come into bearing.

Good Health advises the planting of nut trees and affirms that a nut orchard is as profitable as an orchard of peaches or apples, or the trees can be made to grow on hillsides that are too steep for other culture: that walnut trees, chestnuts, butternuts, etc., are being planted on the stormy hillsides of New England that were considered worthless for agricultural purposes.

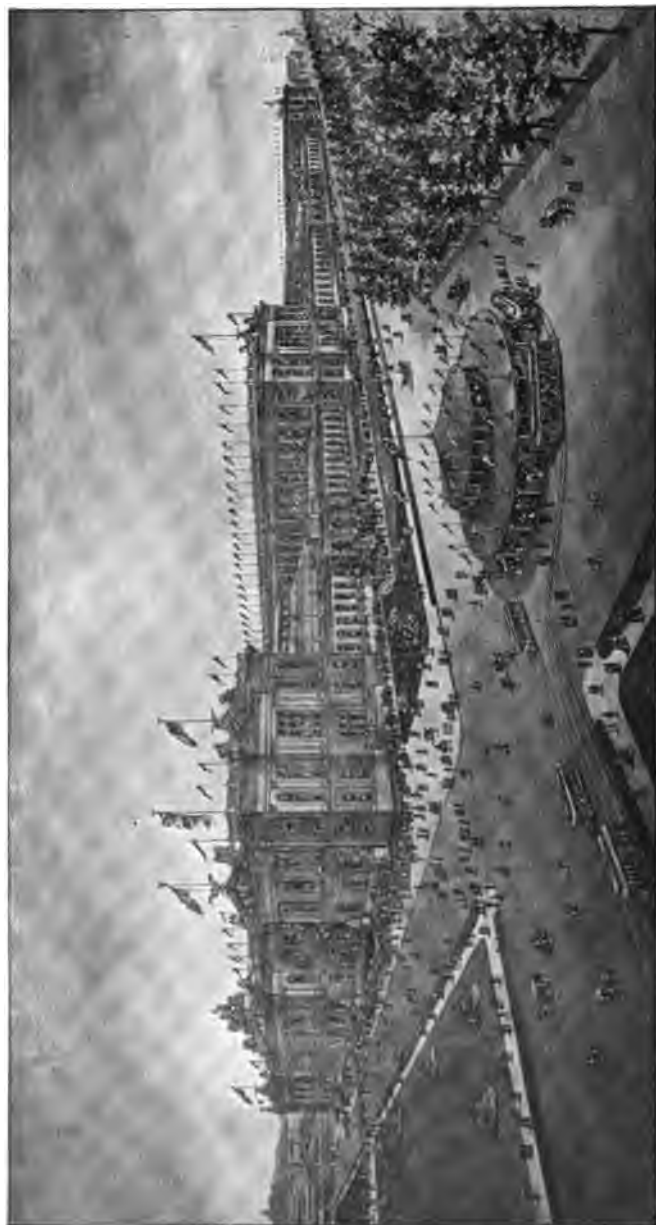
August–September,

...The National Export Exposition...

SINCE the Exposition at Hyde Park, London, in 1850, which we had the pleasure of attending, numerous exhibitions have occurred which have demonstrated their immense advantages in promoting the material, intellectual and, we may hope, the spiritual progress of the world.

On our first page we present a portrait of Dr. W. P. Wilson, Director General of the Great National Export Exposition, which is to take place in Philadelphia, from September 14th to November 30th, 1899. Dr. Wilson was born in Michigan; developed a taste for botany at the State Agricultural

College, and is a practical business man. In 1893, he conceived the idea of a Commercial Museum, and secured the authority of the city of Philadelphia to found such a museum, and the noble institution on Fourth Street, Phila., is the result. This and the Franklin Institute have united and the



Main Building, National Export Exposition.

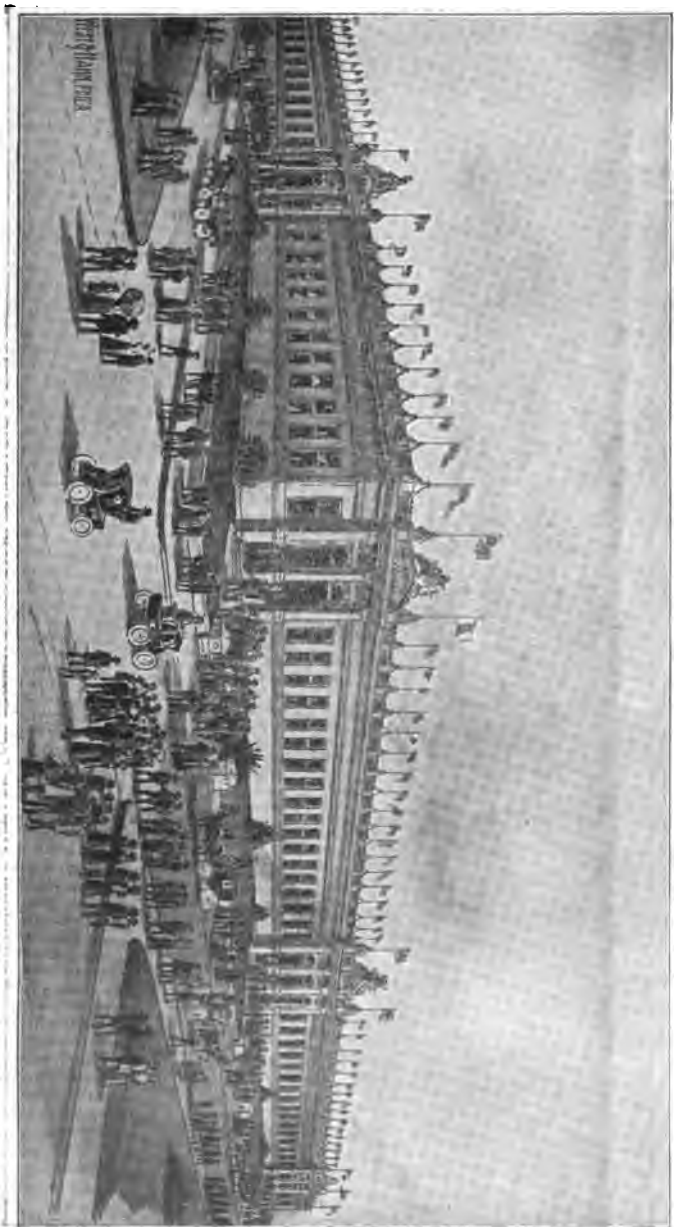
National Export Exposition to take place this Fall is the result of their united efforts, We are chiefly interested in the varieties of food that will assuredly form an important feature of this Export Exposition, which will demonstrate the ability of this country to supply the world not only with the staple grains, fruits, nuts, etc., but will demonstrate the ingenuity of American manufacturers in methods of preserving in a fresh and wholesome condition, many of

the choicest productions of field, garden and orchard. One of the interesting exhibits will be a sugar factory from Cuba, which will show the process of sugar-making from the cane, presenting to each lady visitor a souvenir white bust of Columbus made of the sugar which enters the sugar mill in the form of cane.

Our pictures of the two principal buildings which are now rapidly nearing completion, will afford our readers some idea of

the great enterprise undertaken and which Philadelphia, of Centennial fame, will be sure to accomplish to the satisfaction of its million visitors who are expected from all parts of the world.

Any of our Vegetarian friends who intend to visit the Exposition will do well to inform us of their intention, so that we can communicate to them such information as will make their visit to Philadelphia both pleasant and profitable.



Agricultural Machinery, Vehicle and Furniture Building.



THE POTTS PRINTING HOUSE.



HARVE' ALDEN SPENCER.

FOOD, HOME AND GARDEN.

VOL. III, NEW SERIES, No. 33.

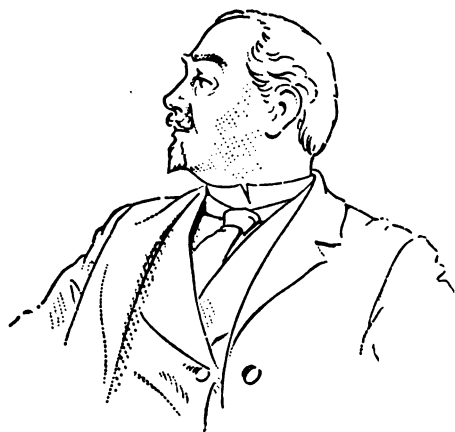
OCTOBER, 1899.

WHOLE NUMBER 106.

HARVE ALDEN SPENCER'S AUTOBIOGRAPHY.

A SUBJECT fraught with more stirring incidents than those in my own life might inspire better efforts in preparing a brief sketch to enlist attention of critical readers of FOOD, HOME AND GARDEN.

In business in New York for the last twenty years, I am known as H. A. Spencer, yet in literature and reform movements my name reads H. Alden Spencer: my full name is as in the above title, and as printed



under my medallion, sculptured by David S. Jones, Esq., of New York. He is the chief sculptor of The Art Memorial Co., of which I am the humble president. It is just to say of Mr. Jones that the greatest renown due him as a sculptor comes from his design and execution of the noble statue called Cuba Libre.

To be well born is fortunate but to be well made is a daily responsibility devolving mainly upon one's self, since every part of body and brain is replaced every seven years. When we realize that the wonderful convolutions of the human brain unfolded will cover 300 square feet, then indeed must we consider the processes of its betterment and constant replacement a duty requiring the wisest discrimination.

Since birth, February 6, 1838, at Geneva, Ohio, and especially after twelve years of age, my life has been a busy one, mainly in the leading cities, north, south, west, and east. I am the fourth son of Platt R. and Persis Duty Spencer. The free Spencer Memorial Library in my native town is in honor of my deceased parents. They were among the early pioneer reformers in the use of Graham bread. It is my purpose to endow said library with means to sustain a Spencerian Hall and have as a part of its mission the furnishing instruction by lectures and otherwise as to what constitutes "the best life-foods." Of course people can subsist on almost any organic substances if they have plenty of fresh air and water, but to really live and have the most perfect reproductive life-power, they should consume those nutritious products which, rising in their growth above the soil into pure air and cooked into ripeness by the sun, are of the choicest and purest order. Hearing my mother, when I was a child, speak of the beneficence of a man heralded as "Johnnie Appleseed," who traveled on foot, distributing apple seeds to be planted along the

FOOD HOME AND GARDEN

borders of highways, I became impressed with the idea of the peerless benefit to the millions if the masses would take up the mission as to food-trees, vines, etc., to the end that all avenues of travel might be rendered more beautiful and useful. As we all have ownership of great wealth in at least the endless roadways of the nation, the vast strips of land in the waste borders should be fully utilized and the products be free for the benefit of all.

While in England I noticed with much interest that gardens were planted in formerly barren places, almost up to the rails of railroads leading into London. In some parts of Germany fruit is raised on roadway borders and annually sold to the highest bidders for the benefit of the public treasury.

The Spencerian founded by my father upwards of half a century ago, became the pride and model of the schools, and at the present time, in publication of regular slant and vertical writing, reaches nearly all students of English in the world of education and business. In connection with these works personal instruction has been given by me in the past to upwards of half a million students. I have often improved opportunities in my instruction to speak of the advantages of living on nuts, cereals and fruits, instead of consuming the dead forms of quadrupeds, fowls and fish.

Practical sanitary methods instituted by the lamented Col. Geo. E. Waring have, in their influence, saved multitudes of lives all over the world. Sanitary science as to best life-foods, widely made known, would lengthen the lives of millions. It is a mission to which duty seems to call me. The courts frequently engage my services as expert and counsellor in cases of questioned handwriting. The solution of such intricate cases has become easier to me since I became a Vegetarian. Judge Lynn, of New York, says, in part, as follows: "Mr. Spencer was employed by us in a noted case of alleged forgery, in which he overmatched seven opposing experts." As a student at Hiram College, the afterwards President of the United States, James A. Garfield, was my instructor. His tutorage did not, however, make me politically suc-

cessful. Being naturally an independent, I was never of his party. After studying law I became a resident of New Orleans as a teacher and subsequently received appointment as Judge, to hold court at Donaldsonville, but refused to wear the official robes when required to mortgage them by making the Governor a constant custodian of my resignation. Becoming a resident of Texas a few years later, upwards of 100,000 votes were cast for me for State Comptroller; afterwards I was tendered a nomination for Lient. Governor, and also one for Congress, but declined, as I was then changing residence to New York. In New York, I was regularly nominated for Congress, in 1888, in the 8th District, but was badly defeated by the treachery of bossism and machine politics. The latest political platform from my hand reads as follows in one of the planks:

"Free Food-bearing Trees, Vines and Flowers.

Borders of Highways, Streets and Boulevards and Portions of Parks to be Planted with Food-bearing Trees and Flowers Affording Abundant and Perfect Food for all."

The Governors of several states, in answer to my letters, promise to lay this matter before their respective state legislatures to have planting on Arbor Days embrace also the planting of food-producing trees. This plank is being sent to many political conventions to arouse agitation with the hope that it may finally be adopted.

Of my five sisters and five brothers, two sisters and three of my brothers are now living. As the only Vegetarian among them, my early demise was predicted eleven years ago, when I gave up eating the bodies of dead animals, also quit the use of tea, coffee, chocolate and tobacco. I regret that my whole life has not known the boon of living on natural foods, instead of those less valuable by reason of mal-nutrition. If I were to seek matrimonial alliance it would be with a lady devotedly consistent as a Vegetarian. She would not need to be a cook, for that is really the high prerogative of the sun, which matures all fruits and seeds.

Although weighing over 200 pounds, my health seems perfect and my strength is

FOOD HOME AND GARDEN

greater than most athletes. Nuts, cereals and fruits are my chief diet; yet sometimes I use raw, whole wheat alone, with water, and greatly enjoy it. Mixing nuts with grains of wheat gives a delightfully flavored repast, which becomes a superior banquet, if you add to the meal choice fruits. Those who lack teeth for the healthy exercise of thoroughly masticating substances, should grind the wheat, oats, barley or other grains in a handmill and eat them within the same hour, while the vital phosphorus so essential to the brain is present. American raw cereals steeped are superior for making warm drinks to either tea, coffee or chocolate and cost much less. Fresh water, however, without ice, is the only fluid that immediately enters the circulation in due proportion to cleanse and purify the blood. Among all the endless food organisms there is no doubt but that the grain of unground, undistilled wheat is the perfect standard upon which one can be abundantly well fed at a cost of less than \$10 a year. To form the habit of living upon it or on any other one thing requires some months of slow change and experience. It is much superior to rice upon which three-fourths of the human family live.

A piece of meat or even an egg becomes putrid with decay in a few days while the golden grains of wheat, kept dry, will not perish for thousands of years and will, in fruitful soil reproduce its species many fold and yield to the hand of labor annually more millions of wealth than all the mines of so called precious metals. Fortunately the best foods for man cost the least in money and toil; and if the world's industries were devoted to the production of necessities only, its surplus energies could go to build better homes among the masses, provide more comfortable clothing and more liberal education.

One of our correspondents says she finds that when discussing Vegetarianism with any one who raises flimsy objections to it, she finds it best to declare her aversion to flesh-eating and that is an unanswerable argument. Nothing can argue a woman out of an aversion.

A SUMMARY OF VEGETARIANISM.

BY REV. WM. PENN. ALCOTT.

IN THE *Bible* our Creator teaches the best diet: "God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed; to you it shall be for meat." (Gen. 1: 29.) Some expounders explain anything in other Scriptures seemingly inconsistent with this, by "accommodation,"—as with divorce (Matt. 19: 8), or by "kenosis" (Phil. 2: 7, see the Greek). On the testimony of early historians, Matthew and Peter were Vegetarians, also James "the Lord's brother," first head of the Church. Compare manna and quails as food (Numb. 11: 18—35) and read Daniel 1. Fruits, nuts, grains, legumes and vegetables are our best food.

Revelation is confirmed by *Science*. (a) Comparative Anatomy: man is near the anthropoid apes which eat fruit and nuts. Our "canines" are even smaller than theirs. Man's nails, tongue, hands, intestines and blood, point to vegetable food (*Linnaeus*, Cuvier, Owen, Lawrence, Bell.) (b) Chemical Physiology: the saliva, gastric juice and excretions confirm this view. So does (c) Embryology (*Schlicheysen*). (d) "It may be accepted as a fair deduction from the Anatomy and Physiology of man, and more especially from his dentition, and from his want of natural weapons of attack and defence, that he must at first have been frugivorous (Dawson). (e) Development theories confirm this (Darwin, Hæckel). (f) Chemistry shows that all elements essential to health, are contained in the diet of Paradise (Liebig, Playfair, Church, Duncan, Atwater). (g) Medical Science, through Drs. H. Thompson, N. B. Carpenter, B. W. Richardson, E. Smith, Keith, declare flesh-food unnecessary. It is only nutriment at second-hand, generally half excrementitious matter, the remainder venous blood, tissue exhausted and so 'twice dead,' stimulating poisons (ptomaines, etc.), and a small residuum of value. (h) So testifies Biology. (i) Zoology names as the strongest animals, the elephant, ox, horse, camel, gorilla. The lion and tiger flee

FOOD HOME AND GARDEN

from the enraged buffalo. Carnivora would starve without fangs, claws, cunning. The polar reindeer and musk-ox find vigor in lichens and sedges, and the former lives where Eskimo dogs, fed on flesh, die from cold and exhaustion. Reindeer can make a daily journey two or three times as great as a dog-team (Harris U. S. Report on Alaska). (j) There is argument in the *instincts of children*, fairly tested: Kreophagy is therefore unnecessary, unnatural, undesirable.

* * * * *

A high authority on longevity (Hufeland) says: "Rich and nourishing food and an immoderate use of flesh do not prolong life. Instances of the greatest age are to be found among those who from their youth lived principally on vegetables and who perhaps never tasted flesh." Examples of Vegetarian longevity are *John Wesley*, who died at 88, a tremendous worker to the last; *Adam Ferguson*, aged 93. Superior health and immunity from disease may be shown. *John Howard's* experience is in point, also the testimony of Drs. Copeland, Rush, Rees. Many facts indicate that a large part of ailments could be cured by a fruit diet, and the remainder mitigated. Quicker recovery is asserted by Dr. Allinson and others. "Wounds in Turkish and Zulu bodies close as if by magic" (*J. Smith*).

On this diet we escape epidemics and the diseases of childhood, or have them in mild forms. "Parturition without pain" is nearly realized on fruits and an out-door life.

In short, "it is probable that the health and mental and bodily vigor of the inhabitants of temperate climes are more attributable to this food (wheat) than to any other single cause" (Foods, E. Smith).

In northern Europe the Finns, while living mainly on the products of the soil, became a race of large and good *physique*, superior to the more carnivorous Laplanders. Eskimo and Fuegians, flesh-eaters altogether, are low types, small, consumptive, short-lived.

"The *diseases of animals* which render their flesh unfit for food are very numerous," says Dr. A. M. Davis. He specifies fifteen. English butchers assert that, if all

unhealthy meat were rejected, England could not be supplied. Nor could America. Therefore no inspection will save us from danger. Question farmers, cattle dealers, etc., for a sickening argument against such food. "Putrescent alterations are much less likely to take place with respect to vegetable than to animal, food" (Prof. Beaumetz). "All suffering of any creature just before it dies poisons the meat" (G. T. Angell).

Greater *enjoyment of food* is one blessing of the simple diet which ours should be. Cornaro at 80 said: "My palate now relishes better the simple fare I eat, than the most delicate dishes when I led an irregular dietetic life." Of bread he says: "I find such sweetness in it that I should be afraid of sinning against temperance were it not for my being convinced of the absolute necessity of eating it." *Epicurus* himself said: "Simple fare can give a relish equal to the most expensive luxuries." We invite to an epicurean, not to an ascetic, diet.

Here the *prevention, alleviation and cure of intemperance* find potent aid. *Graham* gave up flesh eating through seeking causes of the drink evil. Miss Fowler and C. O. G. Napier have elaborated this argument. "The story of intemperance everywhere is the story of heavy over-eating of animal food in highly seasoned forms. * * The man who can eat plain food with relish is in no danger of falling a victim to alcohol." (Helen Campbell. See Rom. 14: 21). Some vigorous nations are large consumers of flesh and intoxicants, but to neither do they owe their power. The Chaldeans, Persians, Assyrians, Greeks and Romans, in their ages of conquest, used little of either. (Rawlinson, etc.). Compare the Eskimo.

The *saving of labor and expense* is not to be overlooked. "Making meat from grass or grain is costly. * * The protein of beef is several times as expensive as that of flour." (Atwater, U. S. Agr. Rep.). "Twenty-two acres of land are needed to sustain one man on fresh meat." Under wheat that land will feed 42 people, under oats 88; under potatoes, maize or rice, 176; under the banana, over 6000. The crowded nations of the future must abandon flesh-eating for a diet that will feed more than

FOOD HOME AND GARDEN

ten-fold people by the same soil, expense and labor. Each sheep in Australia needs $2\frac{1}{3}$ acres (Ballou.) How rich men will be when they cease to toil for flesh-meat, alcohol, drugs, sickness and war!

Slavery to the stomach is the heaviest burden working men bear and makes riches a curse. Vegetarianism may free woman in large measure from the suicidal drudgery of her life. "By sowing frugality we reap liberty, a golden harvest." What abundant resources for ministering to the needy, would follow a simpler and more healthful diet!

So great is the *intellectual advantage* that many authors, like Walter Scott, have fore-sworn flesh-meat while engaged in "high-thinking." Out of a "great cloud" of crowned names (besides those elsewhere indicated by our italics) note *Clement of Alexandria, Tertullian, Porphyry, Chrysostom, Buddha, Pythagoras, Plato, Seneca, Plutarch, Milton, Thompson, Pope, Isaac Newton, Rousseau, Voltaire, Swedenborg, Shelley, Byron, Dick, Lamartine, Michelet, Struve, Franklin, Mussey, Trall.* Eminent brain-workers now living in every land might multiply this list.

An important *aid to moral and spiritual progress* is here found. "When we raise the physical life of men, give them purer air, better water, more wholesome food, we contribute to their chances of moral improvement and * * we contribute to the possibility of their christian perfection." (Fairbairn). "The Ethics of Diet," (H. Williams) ably discusses this theme. War, cruelty, vice and crime are checked by cooler, purer, blood. Our transportation of animals by land and sea is the envy of devils. Wholesale and domestic butchery are sickening and degrading to a kind heart.

The inevitable and manifest drift of civilization is in this direction. Increasing density of population, humanitarian reforms and progressive Christianity are with us. Our literature is now very great. It has many periodical publications in America, in Germany, in England and her colonies. The British organizations are numerous, enrolling thousands of members. A large and increasing number of Vegetarian restaurants and clubs are found in England

and America. There are many thousands of us in the United States, including large portions of the S. D. Adventists, Shakers, some Roman Catholic orders and other religious bodies. Many Sanitariums are advancing the cause. We have a national organization with various local ones, and in 1893 held a World's Congress at Chicago. Rev. H. S. Clubb and Dr. J. H. Kollogg are among our active American leaders. Prof. Mayor, of Cambridge University, stands foremost in England. As *Beketoff*, Chancellor of St. Petersburg's University, said, and as Tolstoi teaches: "the future is with the Vegetarians." "They shall not hurt nor destroy in all my holy mountain; for the earth shall be full of the knowledge of the Lord."

—Boxford, Mass., 1899.

MR. SPENCER'S PENMANSHIP.

The following is a facsimile of a letter received by us from Mr. H. Alden Spencer:

BUSINESS EDUCATION OFFICE,
(ROOM 9), 25 EAST 14TH ST., NEW YORK.

July 26, 1899.

Rev. Dr. Clubb.

My dear Sir: Kindly credit my account with the enclosed \$1. for four subscriptions, one year

The world's millions of people would become stronger, live much longer, better and happier, at far less cost of money and toil, if they would subscribe for and be guided by your interesting publication—Food, Home and Garden.

Yours fraternally,

H. Alden Spencer.



Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

We have here a first-class Vegetarian restaurant and Mr. Huber, the proprietor, has a fine patronage.—Stanley G. Wright, Detroit, Mich.

Mrs. Josephine Parkman, well-known in the literary and Vegetarian circles of Washington, D. C., is with us on a visit to Frankford and Philadelphia, where she has numerous friends.

Rev. H. S. Genevra Lake is meeting with good success in interesting the people of Olympia, Wash., in the higher aspects of human living. Attention is called to the various reforms which underlie the coming social order.

The Friend is publishing letters from Wm. Evans, who has been visiting the Dukhobors. The accounts confirm all that has been said of the hardy and stalwart character of these people, "notwithstanding the fact that they do not eat meat."

A recent trip to Washington resulted in the discovery of Mrs. Silliman, formerly Miss Annie English, again in the Agricultural Department, having taken the place temporarily to give the present incumbent a little vacation. Miss Belle Saunders is still in the office with her father, who is superintendent of the division of useful plants in the same department. These friends are firm Vegetarians and fill their places with great regularity and efficiency.

The excellent article on Vegetarianism by Rev. Wm. Penn Alcott, is quoted from the new edition of his "Summary of Arguments," enlarged and improved with a portrait of the author, and in long primer type. The price, however, is still kept at five cents in order to secure its extensive distribution.

The next issue of OUR POSTSCRIPT will take up the question of "Economy in Food" and will appear about the 10th of October. The little quarterly is gaining in favor. This will make the sixth number and the whole six will be sent by mail on the receipt of five cents.

On Reading Humphrey's Homeopathic Mentor or *Family Adviser* we were surprised to see that this high Homeopathic authority is tainted with the flesh-eating delusion and gives great attention to the value of various animal bodies for food. It is wonderful how the practice of flesh-eating blinds men to a perception of the truth on this subject.

Miss May Yates, London, writes in reference to the visit of Dr. Kellogg to England, "that if England and America would only unite in promoting Vegetarianism, the Anglo-American Alliance would soon establish peace throughout the world." It is true that peace with the animals would lead to peace with the humans. It is one of those things in which the greater is included in the lesser.

The autobiography of Harve' Alden Spencer is so admirably written that we could not improve it by putting it in the third person, although in doing so we could have made the point of personality much stronger than Mr. Spencer's modesty would permit. The medallion, though excellent, gives but little idea of the stalwart proportions of the man, who, weighing over

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200 pounds, is tall and in excellent proportion, which require a full length picture to represent. His strength is, we believe, double that of an ordinary athlete and were he a fighting man, we would not envy the pugilist that would have the temerity to challenge him.

As many Vegetarians use Homeopathic remedies, and as we believe Homeopathy a decided advance upon Allopathy, we direct attention to Dr. Humphrey's advertisement.

A lady in California suggests a Vegetarian Excursion to France, England and Scotland next year and kindly invites the President of the V. S. A. to chaperone the party. Who wants to go?

The Vegetarian (London) of September 16, gives an account of the National Vegetarian Congress in London on September 12. It gives the address of President Hills containing an interesting resume' of the Vegetarian movement. Next year the convention will be held in Paris.

John Keidel and his eldest son Henry, aged 14, are coming from Germany in October, and propose to travel from New York to San Diego, Cal., delivering Vegetarian lectures and giving entertainments at the various cities between. Dr. Keidel is an amusing and forcible speaker and those who desire to hear him should write to the editor of *FOOD, HOME AND GARDEN*, so as to arrange meetings. He will take the route on which most engagements are secured.

THE EXPORT EXPOSITION.

The great Export Exposition, Phila., was opened September 14, and is now in good running order. We were present at the opening and could see in that event a great future for American manufacturers.

The Peanut Butter handmill described in our pamphlet on the Vegetarian Society Mill was on exhibition and attracted much attention. Samples of butter were distributed by Mr. Gartside, who had the Straub exhibition ready on opening day. Many exhibitions of food were in preparation, as well as innumerable other exhibits which must be seen to be appreciated. The U. S. Marine Band is also a great attraction. The Exposition remains open till November 30, and we hope our friends from all parts of the country will avail themselves of the opportunity to visit Philadelphia at excursion rates.

BERKELEY SPRINGS, W. V.

We had a very pleasant visit to Berkeley Springs, September 19 to 22, where we had the pleasure of meeting our Vegetarian friend, Mrs. F. Q. Ogden, of Natchez, Miss., whose plantation adjoining that formerly belonging to Jefferson Davis, on the river 17 miles below Vicksburg, containing 400 acres, she hopes soon to convert into a nut producing orchard. The Pecan nuts of the largest variety on sale by Mr. Herbert Post, of Fort Worth, Texas, are to be planted, and probably peanut culture will also be commenced there. One of the greatest curiosities at the Springs is the sand hill, which furnishes the pure silica for glass factories in Pittsburg. The water at the Springs is always warm, winter and summer, and is considered an excellent remedy for kidney and liver disorders. It is not unpleasant to drink. It seems to have an immediate effect on the kidneys. We certainly enjoyed excellent health there and therefore could only judge of its curative effects by its health preserving qualities. There is a good opening for a Sanitarium and Hotel at Berkeley. We enjoyed the stay at the Fairfax Inn.

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AN ENTHUSIASTIC VEGETARIAN.

Being impressed with the enviable healthy appearance of his family, we requested A. H. Potts, Publisher of Parkersburg, Pa., to allow us to reproduce some pictures of them in **FOOD, HOME AND GARDEN**. Speaking of Vegetarianism, he says:

"When a boy I was fed the usual menu of pork, fried meats and greasy gravies, it being especially insisted on that I should eat more fat than lean. I probably passed through all the diseases of childhood and boyhood, and at manhood was suffering with headache, dyspepsia and their companions. A health magazine published at Battle Creek, Mich., came into my hands about that time and I began to look into the subject for myself, gradually adopting such reforms as seemed to impress me, and it was not long until I became a pretty thorough Vegetarian in practice, with the accompanying benefits. Fortunately my wife was sensible enough to 'taste and see,' and this before the children came, so that they received the benefit and are to-day living examples of what diet can do for health. Reiner, now past nine years, and Clive, past seven years, each started to school on their sixth birthdays and have never yet missed an hour, which is in evidence of health. They learn readily, an evidence of a clear, active brain, not dulled by improper diet. The three younger ones, including the twins, now two years old, bear evidence of the same advantage.

"I, however, do not believe in stopping at one point of health reform, but several years ago adopted Dr. Dewey's no breakfast discovery, and the benefit has, if possible, been doubled, my experience convincing me that he has made one of the grandest means of more perfect health and intellect for those who have the "backbone"

to begin its practice. Experience proves with us that it is alike practical for children and of untold benefit to body and brain. For some years we have also been practicing to our further advantage some new truths discovered and taught by Dr. Keith, of Bellville, O. For many years our headaches and stomach troubles have been practically things of the past."

MAMMALS NOT ALL CARNIVOROUS

An anonymous writer signing as "C" in the *Chicago Inter-Ocean* makes a review of the "Golden Age Cook Book" an occasion for an attack on Vegetarianism and Vegetarians. The chief argument is based on the assumption that because man, in common with other mammals, has to subsist on milk in infancy, therefore he cannot be naturally a vegetable eating animal. The absurdity of this position is seen in the fact that all clean mammals are vegetable eaters and do not subsist on animal food after being weaned. Indeed, if the theory advocated by "C" be correct, to be consistent, having partaken of mother's milk in infancy, we have a right to eat mother's flesh at maturity. Is there any consistency in this argument which upholds cannibalism in its most diabolical forms?

As is the practice with flesh-eaters after having enjoyed the milk of a family cow a number of years, when that kind motherly creature becomes old so as to be no longer profitable for milk, she is driven to slaughter and devoured often by the very same persons to whom she has been a foster-mother or wet-nurse! This is the kind of civilization advocated by this writer and it is not surprising he hides himself behind a single initial.

"Be like the bird that halting in her flight,
A while on boughs too slight
Feels them give way beneath her, and yet sings,
Knowing that she hath wings."

HOME DEPARTMENT

Compiled from *Guide for Nut Cookery*.

DINNER MENU.

Carrot Soup.
Potato Balls. Nut Gravy.
Steamed Graham Bread.
Surprise Dessert. Cocoanut Cream.
Peanut Coffee.

RECIPES.

From *Guide for Nut Cookery*.

Nut Gravy.—Heat 1 pt. of water to boiling. Take a little of the boiling water and 1 tablespoonful of nut butter, and rub smooth: then add it to the water. To this add 2 level tablespoonfuls of flour which has been lightly browned, rubbed smooth in a little cold water. Salt to taste and let boil a few minutes.

Peanut Coffee.—Look over the peanuts, rejecting all the poor ones and foreign substances, and roast in the oven until they are a dark brown, the color of Java Coffee when roasted. Remove the skins, as they will make it bitter; grind, but not too fine. Use the same as any coffee.

Surprise Dessert.—Take slices of white bread and cut out some stars of medium size. Spread them with ground dates which have been stirred to a paste with water. When spread, put two of the stars together. If desired, the bread may be spread with nut butter before putting on the dates. Put on the top of each a little pyramid of jelly, cut by turning a teaspoon in the jelly. Serve with cocoanut cream.

From *Eliza R. Shier, Landrum, S. C.*

Tomato Biscuits.—Take good ripe toma-

toes; stew, strain and then squeeze them through a cheese cloth. Then boil down until quite thick. Use instead of sour milk and make the biscuits exactly as with sour milk, only with tomato juice; use less soda than when milk is used. Half a teaspoonful to a quart of flour.

Tomato Granola.—Rebake until quite dry and then pound into small pieces the tomato biscuits as above made, and grind in the Vegetarian Society Mill. It will keep good in tin cans all winter. We say tin cans to keep it free from attacks of mice, etc.

Peanut Sticks.—Shell and blanch the nuts; soak them over night; then boil until they can be put through a sieve or tin fruit presser or are like mush. Then knead in flour until like beaten biscuit dough; roll into long sticks and bake.

REMARKS.

I have never heard of anyone making Tomato Biscuits but myself. I am very fond of tomatoes, but can only eat them in summer-time, so I invented these biscuits and the Granola made from them and I can now enjoy the tomato all the year round without much expense. The Tomato Granola is nice for soups or soaked in a very little water and then steamed and eaten as a vegetable. I use fruit juices in the same way for biscuits and granola.

The white of one egg, well beaten, for each pint of flour, is an important addition to any kind of biscuit.

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NUTCOA.

We think the Nutcoa is No. 1 for frying doughnuts. They retain their freshness several days after cooking. Many of my friends say they are the sweetest doughnuts they ever ate.—Mrs. Annie B. Ballou, Attleboro Falls, Mass.

DATES.

BY T. R. ALLINSON, L. R. C. S.

The date palm is known to the botanist as the *Phoenix Dactylifera*. It grows in tropical and sub-tropical parts of Asia and Africa. The tree grows from 100 to 120 feet high, the fruit is found in bunches of about 20 to 25 pounds each. When dates are allowed to ripen on the tree, they must be eaten shortly after gathered, or they will soon rot. The dates we know are gathered a little before they are ripe, and dried in the sun. For home use, the Arabs pound and press the dates into big cakes. These cakes are called the "bread of the desert."

Dates have been used as food from time out of mind. They are still the staple food of the desert Arabs. The date grows in hot, barren and dry desert places which practically produce no other fruit or vegetable. This tree is made much use of by the Arabs; the unopened bunch of leaves at the top of the tree is sometimes cut off, boiled and eaten as we eat cabbage. Then from the cut made a juice flows out, which, if gathered and allowed to ferment, produces an intoxicating drink, and if this is left, it further ferments and makes excellent vinegar. The tree dies when its crown of leaves is cut off, and the trunk is used for many purposes. Cordage is made from the leaves. From the pith inside the trunk, an inferior sago can be made. The sago of commerce comes from the sago palm, and not from the date palm.

Uses. Dates are very nourishing, almost as much so as oatmeal, and they need no

cooking. In their dried condition, they are the chief food of many people. Here is an analysis of them :

Water,	-	-	-	-	20
Flesh formers,	-	-	-	-	7
Heat and force formers,	-	-	-	-	71
Mineral matters,	-	-	-	-	2
					<hr/>
					100

The heat and force-forming matter is in the form of sugar. Dates practically contain no starch or fat. Being sweet, palm wine and arrak spirit may be made from them after they are crushed, mixed with water and fermented. The date is a good food, but its use is forbidden to some. Its daily use tends to prevent constipation. Being so rich in sugar, it must not be used by persons suffering from diabetes, by those liable to skin disease, to sufferers from toothache, and those who complain of want of energy. Dates may be eaten with bread, fresh fruit, cheese or nuts.

When dates are stoned, passed through a sausage machine and mixed with ground cocoanut, or other nut meal, they form a fruit and nut bread which is very nourishing and can be made use of by cyclists, explorers, travellers, etc. This is also a more wholesome and nourishing sweetmeat than the usual toffee bought by children. Stewed dates may form a second dish at dinner. Or, stoned and cut up, they may be put in puddings or moulds instead of currants and raisins. A baked date pudding can be made from stoned and quartered dates, bread crumbs, cinnamon and a batter; it will be found a tasty and nourishing dish. A steamed date pudding is every bit as good as a plum pudding. When dates are eaten raw they should be washed, if possible, or thread worms may result. The eggs of these little pests may be left on the skin of the date by the Arab packer, and if not washed off, may infect those who eat them.

THE GARDEN



The present consumption of peanuts in America for eating purposes alone reaches 4,000,000 bushels

Pecan nut oil is of a very fine quality and is used by clockmakers and gunsmiths and also for table purposes.

The Commonwealth, Georgia, have raised 1000 bushels of peanuts and have sent for a Vegetarian Society Power Mill to shell, blanch and grind the nuts into peanut butter.

JAMAICA FOR COLONIZING.

Mr. George Pentyke, Low River Colony, Jamaica, Christiana P. O., desires people not to suppose from Mr. Gerlach's writing in the June number, that the beautiful scenery of Port Antonio extends over the whole island. There is a great proportion of colored people who are away back in evolution. What he says are wanted for the colony are high-minded, practicable-tolerant people, who are fit and ready to work for better conditions for themselves and others and for the uplifting of humanity.

PLANTAINS DRIED AS FIGS.

The bunches of plantains (a variety of banana) are gathered in quantity as they approach maturity and are suspended in a shed in order to allow the fruit to finish its ripening, say for four or five days, then the fruit is peeled and placed on mats and exposed to the sun. For the first two days the fruit is turned over every two hours, but after this they are turned only once a day. At the end of six or seven days they are sufficiently dry to be put into boxes or baskets like figs, or assorted according to their length, and are then put into bundles,

as is done with vanilla beans. These plantains, packed in boxes and wrapped in tin foil, may be preserved indefinitely. The flavor of the dry plantain is somewhat strange at first, but the palate soon adapts itself to the taste.—*Scientific American*.

RAISIN MAKING.

The *Land of Sunshine* describes raisin-making in California. That gangs of pickers clip off the translucent clusters, arrange them on trays and place them in the sunshine where the grapes are gradually transformed into raisins. In two weeks the grapes are turned over by placing an empty tray over a full one, reversing them and then taking the emptied tray to the next. The amber gradually changes to amethyst and the sun-warmed balls become like drops of honey for sweetness. In a week more the fruit is ready for the sweating in boxes containing from 100 to 150 pounds. Grading and packing according to grade follows.

AMER. POMOLOGICAL SOCIETY.

The American Pomological Society held its biennial sessions at Horticultural Hall, Philadelphia, early in September. Mr. George W. Smith, of Hartford, a member of the Society, paid us a pleasant visit, and we attended a session when the subject of culture was discussed. It was demonstrated that continued culture during the growing months, and the sowing of green crops for fall and winter mulching was the way to secure even peaches from the killing frosts of winter and early spring. That Mr. Mowery's peach orchard, six miles from Benton Harbor, Mich., had even this year an abundant crop of excellent peaches, which sold for \$7 a bushel.



THE SCHOOL AT COMMONWEALTH, GEORGIA.

In our January number we gave an account of the Commonwealth Community, where 85 persons were being well nourished on food that cost only \$2.50 a day. Of course no meat was served at these prices, and the following gives the result of this living on the children of the Commonwealth :

"The school at Commonwealth is naturally the centre of much interest and hope. The future of the community depends in a large measure, upon the children who are there being trained.

"It is the aim of the teachers and parents that the children's school life should not be a thing apart from their out-of-school life, but rather, a natural, happy development of them in the life of the community.

"They are a singularly rosy, healthful group of children, their ages ranging from three to eighteen years. It will be seen that the one course of study must extend from kindergarten to literature and languages and higher mathematics.

"The kindergarten department is under the most efficient care of Miss Martha Bethune Jones. Here, as in the higher school, the study of nature is given a prominent place. The children's eyes are opened to the beauties and wonders which surround them in the free out-door life they live at Commonwealth, and their enjoyment grows with their observation.

"With the older children this Nature Study has led on to quite a surprising amount of work in botany, even children of

eight years use botanical terms with ease and accuracy in describing plants and flowers. The information gained in their Nature Work furnishes material for especially fine language lessons, for children enjoy telling what they are interested in and express their thought naturally and easily.

"It is a noticeable fact that the children take more naturally to the idea and life of common property than others do, and the school children are enthusiasts for that principle. It is *our* school and *our* school property to be cared for and preserved and made worthy of Commonwealth, and the *esprit de corps* thus created works wonders for the order and self-government of the school. There are no rules to break or dodge. The boys and girls are in school to aid them to become the noblest and best they are capable of becoming, and any action which hinders others or hinders themselves in this development is adjudged unworthy. The ideal is high, but children love high ideals, and the teachers at Commonwealth can testify to good results from this principle in school government."

The foregoing has been kindly prepared at my request by Sue Fay Hinkley, our teacher, eminently qualified in all respects except, perhaps, physical strength, for the office. There is one other thing should be emphasized in reference to them: their peaceful dispositions which attracts the attention of visitors and others and calls forth the remark, "your children never quarrel." They are natural and their affection easily secured.

JACOB M. TROTH.



SCHOLARS AT THE SCHOOL AT COMMONWEALTH, GA.



A. H. POTTS AND FAMILY. (See page 138.)



- HOME OF THE POTTS FAMILY.



EDITORIAL SANCTUM: CHESTER CO. TIMES.



QUISISANA NATURE-CURE SANITARIUM.



JAMES PIERREPONT GREAVES.

FOOD, HOME AND GARDEN.

VOL. III, NEW SERIES, No. 34.

NOVEMBER, 1899.

WHOLE NUMBER 107.

JAMES PIERREPONT GREAVES.

ONE of the pioneers of Vegetarianism in England, Mr. Greaves was certainly a most remarkable character in the early history of the Vegetarian movement, and as we have not seen him even mentioned by the modern historians of the movement in England, we seek to do for his memory here what our English contemporaries have omitted to do in his own country.

The portrait we represent of Mr. Greaves, is obtained from a copperplate engraving which forms the frontispiece of a work published in 1843 at the Concordium, Ham Common, Surrey, England, where it was our privilege to spend a portion of our youth, the recollection of which period becomes brighter as age confirms the principles taught in that institution.

Mr. Greaves' portrait is an evidence of great benevolence, veneration and depth of spiritual attainment. He was born February 1, 1777. In 1817 he was attracted to the great educational work in which the celebrated Pestalozzi was then engaged, and which has produced the extensive adoption of the Kindergarten system of training, of which Pestalozzi was the founder. Mr. Greaves left England to co-operate in that work at Yverdum, Switzerland. He resided on the continent eight years, during which time he was actively engaged in

benovolent enterprises promotive of the thorough education of the young.

In 1818 Pestalozzi addressed a most earnest letter to Mr. Greaves, in which he gave the convictions of his great experience in reference to the importance of infantile education: "The sympathies and sensibilities must, in infancy, be fully harmonized with that divine nature, which, though deeply buried, is still latent within us. To effect this, we require the mother's aid—of her to whom, humanly speaking, this sacred and holy cause has been specially entrusted, and for which woman is peculiarly adapted. Mothers must co-operate with us; therefore to them let us appeal—with them plead the heaven implanted sense of joy felt in their maternal duties—and supplicate with them that they preserve unwounded the Love glowing in their child's affections, and unfold them in harmony with its highest dictates. Tell them this is the prayer, the aspiration of an aged man, anxious to see realized the good his heart has been allowed to conceive; and your heart, my friend, I know, beats in unison with mine. I feel it does. I shake hands with you as with one who fervently embraces this cause. Tell them it is not mine nor your cause, but the cause of Love, the ever-living God, who has deposited in the soul of the children of men a spark of his eternal fire—a germ of the everlasting Word, by which the whole universe is sustained, and on which all spiritual being, as well as all physical existence, immediately depends.

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"Happy should I be if I might one day plead by *your voice* with the mothers of Britain! My heart expands with the thought, and glows with the prospect which fills my imagination—it throbs with the hope of beholding a great and mighty people intent upon the Spirit elevation of their children; and their prosperity based upon the moral and mental excellence of their generations!

"And surely the mother's heart must rejoice with the consciousness that she has her appointed part in this glorious cause—surely she will gratefully acknowledge that Love itself has prepared her work, and that she has but to conditionate for unity, peace and joy!

"Will she not rejoice that in her child there is that which—

'Nor gems, nor stores of gold,
Nor purple state, nor culture, can bestow,
But God alone, when first his active hand
Imprints the secret bias in the soul?'"

When Mr. Greaves returned to England, in 1825, he became actively engaged in promoting the welfare of the London Infant School Society, in which he manifested a degree of warm-hearted kindness which endeared him to his associates. Mr. Alexander Campbell, with whom we were associated in 1843-4 at the Concordium, thus writes of Mr. Greaves:

"An advocate of the strictest temperance, of the purest diet, and of the necessity of both being practiced from the highest Love principles, living himself on the simplest fare, he failed not, both in season and out-of-season, to remonstrate with all on the evils interwoven in the existing social system, and to urge, in the houses of the rich and the great, that custom familiarizes us with much that will not, for a moment, bear the test of reflection or examination—from which the mind shrinks with horror when fairly laid before it, as wholly repugnant to the Love Law latent within it.

"Mr. Greaves' physiognomy and stature were characterized by dignity, sweetness and grace; while the fathomless depth of his singularly bright eye, and the noble elevation of his lofty brow, exteriorly evidenced the glorious intelligence that

dwelt within. Hereafter, the Spirit, by its revelations in phrenological science, will enable man to appreciate individuals, who, like Mr. Greaves, preceding the age in which they live, show forth, in Being and in act, a degree of existence that is now neither understood or appreciated—that is treated as ideal, as visionary—derided as speculative, and rejected, because not in harmony with man's selfish feelings and unsocial institutions."

During the distressing times in England, which culminated in the passage of the reform bill, Mr. Greaves engaged in the work of ameliorating the condition of the working classes by finding them remunerative employment, and in an address to the Unemployed Laborers of Randwick, he wrote:

"Six weeks' hard labor, with only potatoes for your food, and not a drop of fermented liquor of any kind, has somewhat changed your neighborhood and yourselves; and many of you now come into the house of God wearing the appearance of decent, healthy, happy laborers."

Without money, his plan for promoting the welfare of the unemployed was to give food and clothing in exchange for labor. A basketful of potatoes or six quarts of soup was given for a day's labor. No other food is mentioned. A token was given for each day's work and it was exchanged for the articles required. The work appears to have been chiefly macadamizing roads and the articles were furnished by the borough.

The establishment and support of the Concordium, a thoroughly Vegetarian educational institute was one of the contrivances of his fertile mind for the benefit of humanity. It was in this school of health that we acquired a practical acquaintance with those principles of living on the fruits of the earth which have enabled us to live beyond the period allotted to man by the Psalmist, and enjoy, in our seventy-third year, a degree of health, vigor and activity

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seldom so largely enjoyed at that period of life. Mr. Greaves, during the last ten years of his life, attained a high degree of spirituality. In fact, he appeared to enjoy life in two worlds and finally escaped from his earthly tabernacle, at Alcott House, Ham Common, Surrey, England, the home of the Concordium, March 11, 1842.

This was a few months prior to our entering the institution, and it was there where we delighted to gaze on a painted portrait of this remarkable man and to admire the loving, gentle nature with which it seemed to be illumined.

It appears that he left a large number of MSS., written as by inspiration, only a small portion of which have been published, the two volumes of Letters being nearly all, we believe, that have yet appeared in print.

He advocated the highest conjugal relations as a means of raising an improved race of humanity and insisted on the development of the love nature within, in order to attain the best and most complete enjoyment of felicity. To his nature the practice of cruelty and slaughter in all their forms was an impossibility. He insisted that: "No one is fit for a missionary who cannot fix his hearers attention upon Love, and who does not use every means for this purpose. Love must fill the whole soul."

ECONOMY IN FOOD.

BY REV. H. S. CLUBB.

OUR last POSTSCRIPT showed that beef contains 70 per cent. of water, 10 per cent. nitrogen, 17.7 per cent. hydro carbonate (fats and oils) and 2.3 per cent. salts. Now the best beef steak is sold at 35 cents a pound. But taking the average cost of beef without bone, at 20 cents a pound, and as it takes over 3 pounds of beef to furnish one pound of solid food, the cost of one pound of solid food obtained

from beef is over 60 cents. Lentils, not the cheapest of Vegetarian food in the American market, cost 10 cents a pound, but as they contain only 11 per cent. of water, 12 cents is a liberal allowance for one pound of solid food obtained from lentils. Take 12 cents from 60 cents and there is a saving in favor of Vegetarian fare of 48 cents on each pound of solid nourishment. We instance lentils because they furnish more than double the amount of the nitrogenous element than beef and furnish the carbohydrates as well, of which beef is entirely destitute. Any of the pulses would be equally and most of them more economical than lentils. For instance peanuts contain only 7 per cent of water and 93 per cent. of solid nourishment, and a pound of peanuts can usually be bought without shells from 7 to 10 cents retail.

It is true many choice fruits are expensive but there is usually an opportunity during the fruit season for the economist to purchase home-grown fruit and choice vegetables, such as tomatoes, peas, etc., at a very low figure, and by canning or other inexpensive methods, preserve them for use until fresh fruit and vegetables are again in season. And even those who cannot do this, the low price of canned goods enable all to obtain an abundant supply at moderate cost of all the fruits and vegetables required for a family in great and even luxurious variety throughout the year.

The experiment of the Commonwealth community in Georgia, in which over 80 persons are being fed and maintained in health and vigor at a cost for food of three cents a day each, is itself indisputable evidence of the economy of Vegetarian fare.

Cassell's Saturday Journal, London, Eng., publishes an article by Prof. Atwater, who has devoted himself to the study of food a number of years, in which he writes: "It

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will be a shock to many thrifty housewives to learn that beef and eggs are among the greatest of all economical mistakes. A single shilling spent in wheat-flour will yield as much nutriment as thirty shillings spent on sirloin of beef. Sugar ranks next to wheat-flour as an economical food; for a shilling's worth of sugar contains as much nutriment as six shillings' worth of milk, twelve shillings' worth of eggs, or a pound's worth of oysters. In proportion to their cost, oysters are almost the least nutritious of all foods. Beans and potatoes run a close race for the third place among valuable and cheap foods."

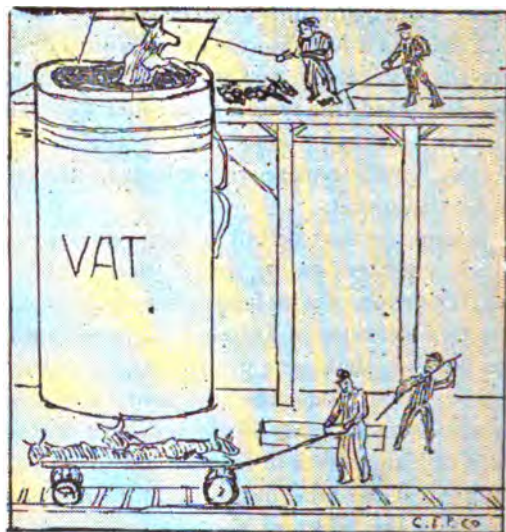
In the *Logic of Vegetarianism*, by Mr. H. S. Salt, it is shown "that the habit of flesh-eating, involving, as it does, the sacrifice of vast tracts of land to the grazing of cattle and the subsequent starving of agriculture, is far too costly to be justified in the face of an extending civilization, unless by a much clearer proof of its necessity than any which its advocates have essayed."

It is impossible to produce flesh-meat as cheaply as it is to produce vegetable food, because it is from vegetable food that meat is usually produced, and it takes from five to seven pounds of grain and other vegetable food in proportion, to produce one pound of meat. Then, if carefully inspected, vast quantities of cattle grown for slaughter are condemned as diseased and this immense loss is only lessened by dishonestly putting the condemned cattle into the market in the various forms of preserved meat, which are producing such terrible suffering among the consumers, spreading disease, insanity and premature death throughout our land and our distant army.

The above article composed the sixth number of OUR POSTSCRIPT, which was issued on October 10th.

MEAT INSPECTION.

The New York *Journal*, sometime since, published the sworn statement of a man who had been employed ten years in the packing house of one of Chicago's great firms. The statement was accompanied by the following engraving of the vat into



which the carcasses condemned by the inspectors were thrown, ostensibly to be tried down for soap grease, but as the engraving shows the carcasses were removed through a trap door at the bottom of the vat onto a tram-truck, by which they were conveyed to the packers and canners, so that all the diseased and condemned meat was actually put upon the market and sold to consumers, who innocently believed they were protected by vigilant inspectors. Sometimes while the inspectors were present steam would be turned on, and in the mist produced by the steam, the inspectors could see nothing of this fraud and were glad to escape from the malodorous place, leaving the packers to proceed with their work without detection. The picture was sketched by the man himself and is a part of his sworn statement.

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QUISISANA SANITARIUM.

We represent on pages 145 and 160 views of this Southern resort for the benefit of those seeking health, especially in the winter months. It is located at Asheville, N. C., and is under experienced management. It is called "Quisisana" because this is the Italian word for "Here you will grow well." It is also called in the advertisements "Physiatric-Dietetic Sanitarium," because these words signify the natural cure or cure of disease by leading the patient back to nature or to a natural life and the use of those healing factors which assimilate with our body; air, water, light, proper diet, etc. Diseases usually originate for want of fresh air, proper food, cleanliness, proper clothing and exercise. The system pursued at this establishment includes baths, massage, diet, packs, pours, Swedish movements, etc.

Many acute diseases have been cured at this place by a single pack, one massage treatment or with one Russian bath followed by massage. Chronic diseases require longer treatment, but become greatly modified in a short time, and if curable, succumb after a regular course under the direction of a skilled German physician. There is also a skilful lady physician, Minna Kuepper, M. D., who is admirably adapted for the work in which she is engaged.

The institution was, indeed, founded by Dr. Minna, and she engages the German physician. She was repeatedly requested to establish a Sanitarium and after much searching, she selected the spot at Asheville, which possesses so many natural attractions as to make it a favorite resort as well as Sanitarium.

The climate, beauty of scenery and charm of country life, combined with urban advantages, render this a place that can be thoroughly enjoyed, especially during our

more northern winters. The facilities for reaching it by railroad are good. Those who usually spend the winter in California can here get similar advantages without the long journey.

The rates are moderate and can be obtained on application to Miss Lina Kuepper, the secretary, to whom we are indebted for much information in regard to the advantages of this locality and the facilities afforded for attaining and retaining health.

THE FLESH-EATERS' LAMENT.

The Pawtucket *Evening Times* publishes a column of woeful complaint on account of the increase in the price of flesh, stating it has been raised 50 per cent. in the last two years, and that 25 cent beef steak is now 35 cents and may go higher. This is described as "alarming" and professes great sympathy with the working classes, regarding it as an essential food for keeping the strength of those who endure great bodily exertion. All the recent experiments of physical endurance have proved that the abstainer from flesh can endure more physical exercise than the flesh-eater, so that flesh-eating for strength is a most decided delusion.

Beef steak at 35 cents a pound furnishes only $\frac{1}{4}$ pound of solid or nourishing food, the remaining $\frac{3}{4}$ of a pound being blood and urine. Thus the deluded flesh-eater is paying at the rate of \$1.40 a pound for nourishment, and he can get better nourishment in nuts, peas, beans and lentils and for less than an average of ten cents a pound. If the *Times* were better posted he would rejoice rather than lament that people were learning to do without this expensive diet.

Wail no longer, our poor brother! High prices for beef is a blessing in disguise to those who cannot afford to pay it.

FOOD HOME AND GARDEN

Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Poulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$15, outside, \$25.

A Vegetarian Society has recently been established at Milan, Italy.

Herr Hotz has been invited to Paris to open a Vegetarian restaurant.

The fifty-second anniversary of the Vegetarian Society was held at Manchester, England, October 16, 1899.

The New York Vegetarian Society resumed its meetings for the winter campaign on Wednesday, October 25, at 465 Fifth avenue.

We gladly offer our congratulations to Dr. Oldfield and his bride, Miss Gertrude Hick, on their marriage, September 29, at Wakefield Cathedral, England.

The French botanist Andre' has found a new fruit tree, *Feiyoa sellowiana*. It grows 12 feet high and bears a berry the shape of an egg, flavored like pineapple.

Since writing the article on Quisisana, we have received a letter from a Philadelphia lady who has been there and received some treatment, which we will publish in our next issue.

Will our friends help us circulate OUR POSTSCRIPT? We have issued six numbers, very useful for enclosing in letters. We sell them at about cost. Why not put them in all your letters?

A cycling contest at Leipsic resulted in a victory for Herr Dose, a Vegetarian, who won notwithstanding an accident, he coming in contact with a barbed-wire fence, which covered him with blood.

Mr. A. F. Hills advocates the use of oil as an aid to the digestion of starch. The oils advertised in food are well adapted for this purpose. Our own experience confirms Mr. Hill's views on the importance of oil.

VEGETARIAN BOUILLON STOCK.

One of the new exhibits at the Export Export Exposition is Wahl's Concentrated Bouillon Stock, purely vegetable, manufactured by a company of the same name in Chicago. It has a remarkable resemblance in flavor to the soup stock made from beef. It is highly concentrated, so that a 40-cent bottle will make sixty cups of soup. It is used in first-class restaurants and hotels in Chicago and elsewhere, and has given great satisfaction. Its resemblance in flavor to meat is not a recommendation to old Vegetarians, but it affords pleasure to those who still retain a love for meat flavors. It is said to have a good effect in cases of inability to retain food on the stomach and has saved lives by this virtue in cases of extreme debility.

ENGLISH VEG. RESTAURANTS.

Mr. Stanley G. Wight, Detroit, has arrived home from his trip to England. He writes he was well served at the Vegetarian Restaurants in London, the best of which he considers the St. George's House, near Trafalgar Square. Their large helping of macaroni for 6d. is very fine and almost enough for a dinner. Their dinner for 1s. 6d. he regards as more than can be eaten at a meal unless very hungry. A new Vegetarian restaurant is to be opened at Tottenham Court Road next year. Mr. Wight speaks

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of the pleasure he had of meeting the prominent Vegetarians of England at meetings in Memorial Hall. He mentions particularly Mr. Hills, Dr. Oldfield, Rev. Jas. Clark, Mrs. Owen and Mrs. Wallace. Also Madame Veigle and her daughter, who keep a large stock of Vegetarian supplies. Dr. Kellogg's visit was well spoken of and created a good feeling. The Vegetarian Restaurants, he says, are well patronized and many go there because they get a satisfactory meal at less cost than elsewhere.

WILLIAM CARISS.

William Cariss was born October 15, 1821, and he closed his earthly career on October 23, 1899. He had, therefore, entered his 79th year. He was a member of the Bible Christian Church, Philadelphia, during his whole life, having been baptised into the church by Rev. Wm. Metcalfe, the founder, November 18, 1821. During his long and useful life he was an active and very valuable member. He served as trustee during the last 44 years and as deacon 29 years. He also served as Sunday School Superintendent 15 years, treasurer 4 years and filled the vacancy as minister the 3 years preceding 1876. He was a faithful preserver of the interests of the Church, having for many years diligently served as chairman of the Property Committee. He was a constant attendant on the services of the Church and combatted with patient perseverance and success all the injurious habits till he became a Bible Christian in reality as well as in name. His end on earth was a simple passing away. He had taken his accustomed walk of several miles for exercise during the afternoon and was sitting reading the daily paper. He leaned his head back and left his body in that position without any symptom of disease or suffering. The text at his funeral

was; "Him that overcometh will I make a pillar in the temple of my God," a passage from the address to the church at Philadelphia, Revelations 3: 12. The text at the funeral service on the following Sunday was: "And the Lord God planted a garden eastward in Eden and there he put the man whom he had formed," Genesis 2: 8. He was also a member of the American Vegetarian Society in 1850, and of the V. S. A. in 1899, and a supporter of the cause.

PHILA. VEGETARIAN SOCIETY.

The first regular meeting of this Society was held on October 18, 1899, at 1023 Foulkrod Street. Rev. H. S. Clubb read a letter from Rev. A. T. de Learsy, now in the Argentine Republic, describing his missionary efforts there. His class students have mostly adopted Vegetarian fare. A letter from Mr. Scott, Duke, Georgia, was also read. Mr. Clubb spoke on "The Ethics of Vegetarianism," showing that flesh-eating blunted the moral sensibilities and darkened the mind as to the cruelty of the killing and maltreatment of man and animals. Dr. J. Harvey Lovell contended that whenever any particular food caused those who partake of it to feel that they cannot do without it, it should be given up because of its enslaving effect on the appetite. Sarah Hall commented on the Scripture reading and an impressive inspirational address. Miss Frances Albin, sister of the absent president, kindly entertained the meeting by organ recitals.

HOW TO STOP WORRYING.

In the *Ladies' Home Journal* for September, Mary B. Page discusses this subject, but does not strike the root of the difficulty. She says you have got to replace worry with something else just as we introduce light as

FOOD HOME'S CARE

a remedy for darkness, but worry is the result of an abnormal condition of the nervous system usually brought about by taking stimulating food and drink, such as flesh-meat, intoxicants, tea, coffee, etc. Abstain from these abnormal habits and take bracing exercise in the open air, and the irritated condition of the nerves will be superseded by a quiet and healthy state of body and mind. Then worry will cease because its cause is removed.

EFFECT OF FOOD ON CHARACTER.

The Manchester, England, *City News*, in its report of the National Vegetarian Congress lately held in London, states that Dr. Loretto Kress, an American lady, said: "The flesh of animals tainted the blood of human beings, and affected the nervous system and the mind injuriously. Professor Bronson Alcott, of Concord University, said that if a man ate pig he became pigified, and if he ate of ox he became oxified, and so on. That was to say that the nature of man assimilated that of the animals upon the flesh of which he subsisted."

Bronson Alcott may, in a humorous vein, have made the remark here attributed to him, but he could hardly have made it seriously or after reflection. Giving flesh to any animal makes it ferocious, as the lady herself showed before sitting down, by relating that "in Berlin a Vegetarian bear became so ferocious on being given meat that he had to be killed; and in Michigan a tame bear fed upon vegetables, after having been fed with meat, killed and ate a dog."

The fact is, eating a lamb does not make a man lamb-like, but its tendency is to make him like the wolf, the lamb's mortal foe. And so in eating all herbivorous animals. It does not make him a herbivo-

rous but a carnivorous animal. Eating fruit does not make a man a fruit although he becomes frugivorous.

DRINKING AT MEALS.

BY WILLIAM CANBY FERRIS.

When meat has been banished forever from your table; when lard has been replaced by Vegetarian oils; when tea, coffee and spices are regarded by you as so many slow poisons; when milk and butter come to be used in very small quantities, if at all; there is still a question to which even old Vegetarians may well give earnest thought: why drink at all at meals? I can testify by personal experience that even the best of food swallowed with large draughts of water results in imperfect assimilation and a melancholy frame of mind. The habit of drinking at all at meals is nothing but a habit. In one short month you may replace that habit by a much better one, and your enjoyment of meals will be increased rather than lessened.

This article is for old Vegetarians only. Friends, we know that drinking between mouthfuls sends the food into the stomach deprived of the saliva so necessary to assist in converting it into good rich blood. Break the habit, and you will be stronger spiritually for the trifling self-denial, which very soon becomes a pleasure, and my word for it, you will never regret it. Your stomach will soon do its work so much more easily and perfectly that your blood will be enriched and you will overflow with magnetism.

Replace your tea and coffee by a cup of hot water and drink it fifteen minutes before meal time. It is true that the stomach needs a warming up before meals, especially in very cold weather. But plain hot water will do this far better than any sweetened drink.

HOME DEPARTMENT

MENUS.

BREAKFAST.

Grapes.
Steamed Rice. Orange Honey.
Graham Gems.

DINNER.

Chestnut Soup.
Fried Celery. Potato Balls.
Salsify Fritters.
Brown Bread. Nut Sandwiches.
Banana Salad. Baked Sweet Apple Dessert.
Cereal Coffee.

Chestnut Soup.—Take the outer rind from three-quarters of a pound of Spanish Chestnuts, and put them into a pan of warm water on the fire. As soon as it becomes too hot for the fingers, take out the chestnuts and peel them quickly, immerse them in cold water, wipe and weigh them. Now cover them with a quart of stock made from peas, beans, lentils or some other nitrogenous food, stew them gently for rather more than three-quarters of an hour, then drain, pound, rub them through a fine wire sieve reversed, add sufficient salt, and stir the mixture until it boils. The rule is that three-quarters of a pound of chestnuts should be given to each quart of soup. The above is sufficient for four persons.

From *Good Health*.

Baked Sweet Apple Dessert.—Wash and remove cores from a dozen sweet apples and four sour ones, and bake until well done. Mash through a colander to make smooth and remove the skins. Put in a granite-ware dish, smooth the top with a knife, return to the oven and bake very slowly until dry enough to keep the shape when cut. Add a meringue, cut in squares and serve in individual dishes.

Orange Honey.—Mix together the juice of three oranges, the grated rind of one, a small cupful of sugar, a tablespoonful of butter and the beaten yolks of two eggs. Cook over a slow fire, stirring constantly, until about as thick as honey. Serve cold.

Banana Salad.—Cut four bananas into halves, lengthwise, then each half again; place these pieces in a glass dish; sprinkle over a very little grated rind of lemon and the juice of one-half a lemon; then sprinkle over one-half cupful of granulated sugar and the juice of two oranges; place on ice several hours before serving.

A clergyman declares that a fruit diet had taken away a hereditary craving for alcohol which had troubled him for years.

Fruit is nature's medicine; every orange, every plum and every grape is a bottle of medicine, but it is not repulsive like most of the druggists.' An orange contains pure water rich with fruit acids medicinally balanced, specially cooling to the thirst of the drunkard and soothing to his diseased stomach.

CO-OPERATIVE DINING.

According to the *Social Gospel* about 40 people at the Commonwealth, who had been taking their meals at private house-keeping, have gone back to the general dining room as a matter of choice. Not only is it more economical, but there is a fellowship and *esprit de corps* there which can be found nowhere else.

FRUIT BUTTER.

Butter made from raisins or other dried fruits is a table dainty among those who possess a Vegetarian Society mill. The

FOOD HOME AND GARDEN

new fruit crop of the season is now coming in and fruit butter will be placed on the market. It will make these valuable and nutritious fruits more available for daily use. For school sandwiches it is especially admired and appreciated by mothers who desire their children to have clear heads like Dr. Franklin, who made raisins his daily diet while studying.

MET BEFORE.

Not surely now for the first time we meet;
So seems it to me, rather I believe
That in some vanished state one had to grieve
For loss of other, and with weary feet,
Went on his way finding no sweet thing sweet,
Listless and sad, unwilling to relieve
His thoughts from pain by joys that but deceive.
Not trusting to a friendship less complete;
At length through death into new life he passed;
And there he joined his friend, then hand clasped hand.
Then soul cried out to soul, re-met at last;
So seemeth it to us who understand
Each other perfectly and knows right well
How much there is on either side to tell.—MARSTON.

ODORS IN COOKING.

Miss Colling, in her lecture on "Some Dainties," explained how strong smelling vegetables, such as cauliflower, cabbage, turnips and onions, may be boiled without having their odor penetrate to every part of the house. She said, "see that they have an abundance of water, and that the cover of the kettle is placed on securely, and then see that they are kept at a simmering point throughout the cooking, and you will have no trouble with odors."—Phila. *Ledger*.

VEGETARIAN SHOES.

C. T. Simpson, Malden, Mass., asks: "Will FOOD, HOME AND GARDEN have anything to say about leather shoes, feather beds, etc., and substitutes for these? Should we wear wooden sandals, wood-soled shoes, or what?" We always publish the progress of invention in substituting other materials for leather and other animal substances. The last was asbestos as a substitute for leather. No objection to wooden sandals and wood-soled shoes as

worn by the Chinese. We have worn for over a year a pair of Chinese slippers made of vegetable matting. They cost 18 cents at the Chinese quarters, New York, and were kindly presented us by George Brunswick.

THE PURE AIR OVEN.

The use of the Goodrich Pure Air Oven is a decided improvement, not only in regards to economy in gas, but in the convenience in baking. In baking peanuts for grinding into butter, it is superior to any roaster we have ever seen, as it bakes the nuts evenly without scorching any, which is an important item in nut butter making. See advt.

V. S. PEANUT BUTTER.

Mrs. Fannie B. Ballon, Attleboro Falls, Mass., writes; "I have gotten some friends interested in eating Peanut Butter, and they ask for more. They say they have tried other preparations and find none like the V. S. A. Peanut Butter. Please send by freight two dozen pint cans, for which I enclose \$6."

Dr. Edward A. Pennock, Boston, writes: "Dear Mr. Clubb.—Your peanut butter is the best I have ever tasted and I have tried all the brands on the market. My little girl wants it three times a day, and we let her use it freely. I shall be able to send some to friends, so I feel that I can easily use twelve pint cans, and enclose check for \$3 for that amount."

Shelled peanuts are said to yield 40 per cent. of oil, or 8.65 lbs. of oil from a bushel of nuts weighing in the shells 23 lbs. The production of these nuts is becoming a great industry.

Alcoholic intemperance has been successfully coped with in Germany by the adoption of a pure diet and natural curative agencies. Fruit is considered a perfect antidote for the drink crave.

THE GARDEN



The *Rural New Yorker* finds the Red Cross currant the best.

Green's Fruit Grower gives an account of a woman whose husband was not very strong, who saved about \$5 a week by cultivating her little vegetable garden and had no doctor's bills.

Two sisters in Berks Co., Pa., are reported by the *Philadelphia Ledger* as being successful dairy farmers, having marketed 57,300 pounds of butter in 22 years. A peanut butter factory can be run by women quite successfully and with less outlay than a cow dairy.

A CROP OF PEANUTS.

The *Social Gospel* reports that the peanut crop at the Commonwealth Community has been gathered and is in good condition, both as to the fodder and nuts. That the crop is easily raised and that a sure market and good price can be counted on.

CULTIVATING VACANT LOTS.

The Vacant Lot Association of Philadelphia made an excellent exhibition of vegetables at Wanamaker's store this Fall. The good done to needy families by this association cannot alone be counted in dollars, although in that respect it is making an excellent showing, but the higher tone of morality and independence and the improved condition, mental and physical, of the families who availed themselves of the opportunity to cultivate vegetables and fruit and to live upon their own produce, form important features of the vacant lot culture. Mr. Wanamaker has materially aided the enterprise by furnishing land and giving space for this exposition.

The *Vineland Independent* says the intensive farmer is making more money than the extensive because he has only half the land to fence, plow, hoe and harrow, half the seed, fertilizer and traveling over the land, and yet has as large a yield to harvest.

AGAINST SEWAGE FERTILIZERS.

The *Scientific American* states that investigations of sewage irrigation of truck farms south of Los Angeles, Cal., resulted in the recommendation of the health officers to prohibit the use of sewage for fertilizing certain vegetables and fruits, the use of sewage for such purposes being injurious to public health. It has been found that the use of sewage in Frankford, Phila., affects the flavor and quality of the vegetables and fruits produced. We have always contended that animal manure should not be applied to vegetable and fruit gardens.

A WOMAN'S FRUIT FARM.

Green's Fruit Grower gives an account of a woman who went to Allendale, Ottawa County, Michigan, and bought a farm of 40 acres; 30 trees and 7 dilapidated buildings. She attended Pomological meetings, took *Green's Fruit Grower* and now has 300 peach trees, 35 pear trees, 26 plum trees and in the hen park 10 damson trees, 18 cherry trees, 14 grape vines, blackberries, raspberries, currants, mulberries and strawberries. Along the roadside are set 23 standard pear trees, 30 apple trees and occasionally a sugar maple. Her sister visited her lately, and looking her in the face, said: "You never used to have red cheeks. It must be your way of living." This has all been done by her own industry, having but very little money to start with.

FOOD HOME & GARDEN

MR. MOORE'S TOMATO TRELLIS.

On the opposite page we give an illustration showing the method adopted by our neighbor, Mr. Thomas Moore, of 1033 Foulkrod street, Frankford, in training tomato vines. He builds a trellis about 8 feet high, with pine strips, $1\frac{1}{2} \times 1$ in., and runs another strip of similar dimensions along the top. These stakes are about 24 inches apart. Against each stake he plants early in the Spring, a tomato plant, which he trains as it grows, so as not to allow any side shoots until the top bar is reached by the plant. Then the plant is allowed to spread along the top bar on each side.

The stems of the plants become fully 3 inches in circumference and become quite hard and fibrous by the Fall of the year.

The crop this year on 19 stakes averaged fully 40 good tomatoes to the plant, and some of the tomatoes weighed 24 ounces each. The fruit is round, compact and solid, smooth-skinned and remarkably free from blemishes or protuberant shapes.

An early frost the beginning of October shrivelled most of the leaves but the crop was saved, and what was not ripe put away in the cellar to ripen for Christmas time. Some of the vines this year grew 12 feet high. We presume Mr. Moore will make walking canes of the timber. This is the second year of adopting this method. It is not only economical as to space, but it becomes quite a decoration for the front or back garden, and the trellis presents a very beautiful appearance when in full bearing of fine, handsome tomatoes. Mr. Moore says he gathered altogether five bushels of tomatoes.

The picture was taken in July before the vines had grown their usual size. In September the whole trellis, including the top bar, was completely covered with vines bearing the bright red tomatoes, presenting

a most attractive scene. In city gardens, where space is usually very limited, this plan commends itself as a matter of economy and beauty.

THE PEANUT.

The rise in the price of Peanuts occasioned by the increasing demand and the Peanut Trust, should cause thousands to embark in this industry, so as to make peanuts one of the greatest crops in the United States.

The *Farmers' Bulletin*, No. 25, issued by the Agricultural Department, Washington, contains valuable instruction in regard to the cultivation of peanuts. It should be procured by every one who intends to cultivate the plant. From this we copy the engraving of the plant. It is a picture of the Virginia Peanut, the running variety, and gives a very good idea of the form of the plant. It was engraved for us by the Conger Engraving Co., of Linneus, Mo., and is a fair sample of the engravings produced by their rapid process.

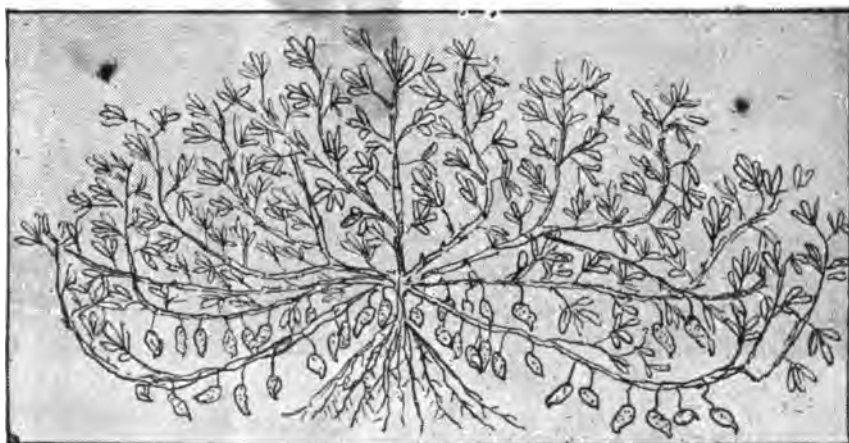
The cultivation of the peanut is not at all difficult as described by the *Farmer's Bulletin*, from which we quote:

"The Virginia running variety of the peanut, being most widely known and most popular with the trade, may be taken as the typical American peanut. Its vines are large with spreading branches, growing flat on the ground and bearing pods over almost their entire length. The pods are large and white, weighing about 22 pounds to the bushel. The Virginia bunch variety grows erect and fruits near the tap-root, but produces pods very closely resembling those above described."

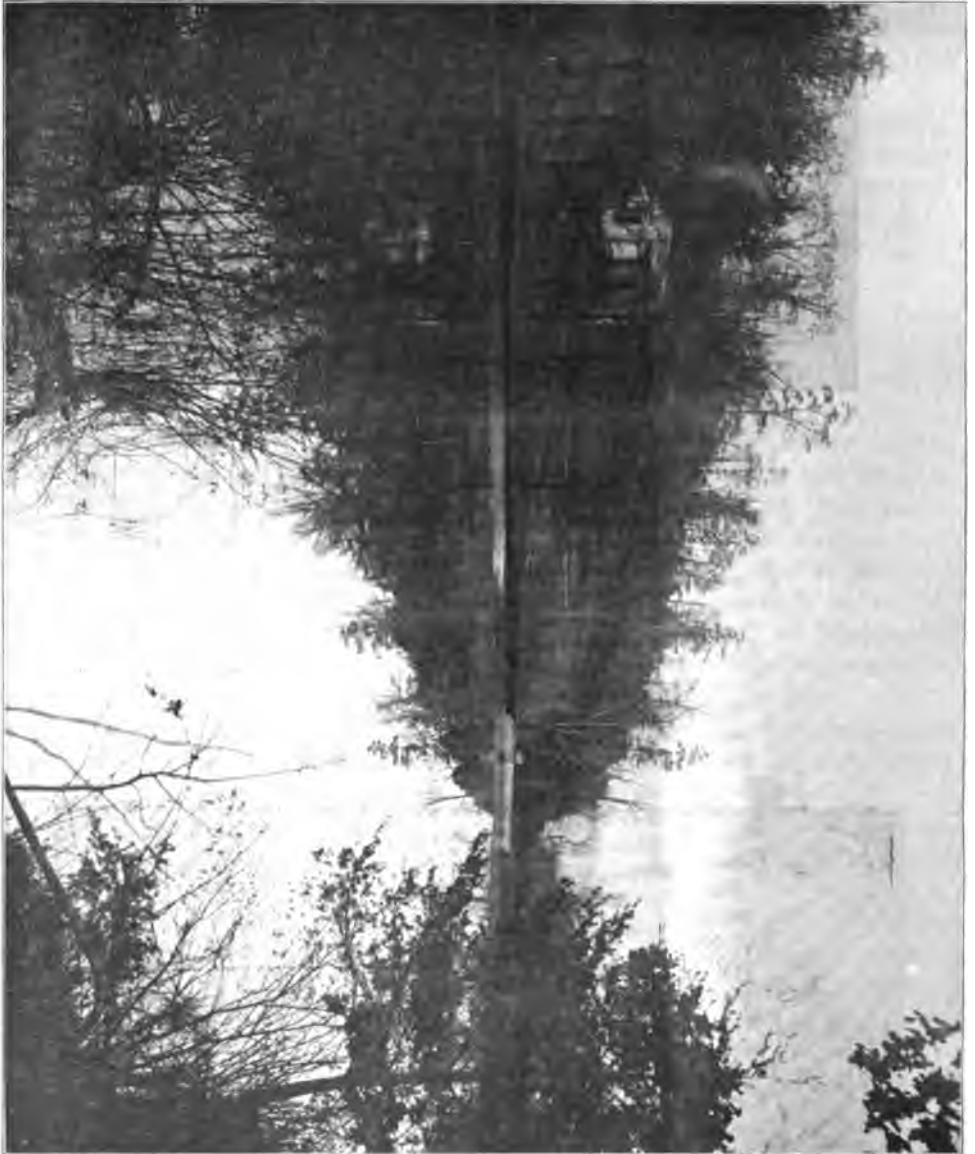
For an interesting account of the different varieties of peanuts, we refer the reader to the *Guide to Nut Cookery*, by Mrs. A. Lambert, of Battle Creek, Mich., which is advertised on advertising page 3.



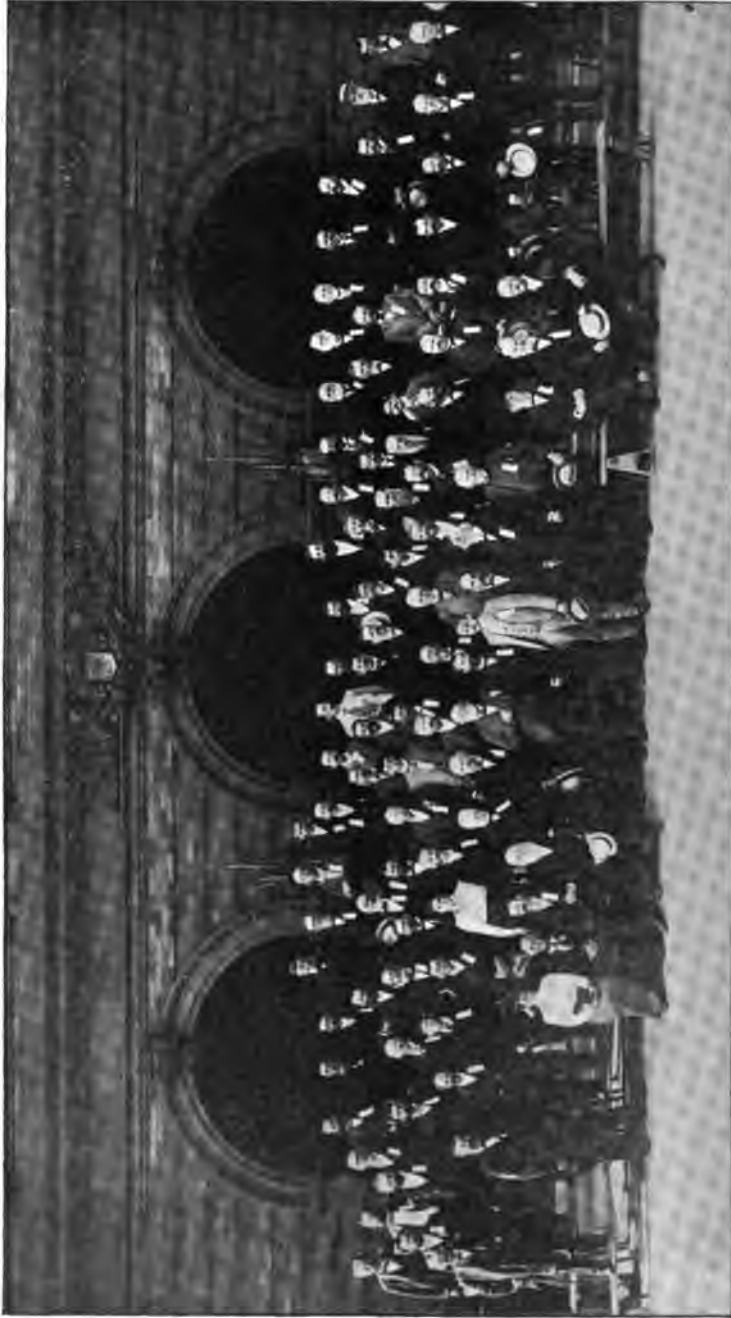
MR. THOMAS MOORE AND HIS TOMATO VINES.



THE VIRGINIA PEANUT (*Arachis hypogaea.*)



QUISISANA LAKE NEAR THE NATURE-CURE.



THE SEMI-CENTENNIAL CONVENTION OF
THE AMERICAN POMOLOGICAL SOCIETY, SEPTEMBER 7, 1899.

See page 175.



ERNEST HOWARD CROSBY, B. LL.

FOOD, HOME AND GARDEN.

VOL. III, NEW SERIES, No. 35.

DECEMBER, 1899.

WHOLE NUMBER 108.

ERNEST HOWARD CROSBY, B. LL.

WE present by courtesy of *The Social Gospel* of the Commonwealth, Georgia, a half-tone portrait of Ernest Howard Crosby, son of the late Rev. Howard Crosby, D. D., of New York. Ernest H. Crosby was born November 4, 1856. He graduated at the head of his class in the University of New York City in 1876; received the degree of Bachelor of Laws at Columbia College in 1878, and began the practice of law on completing his studies, and became a member successively of the firms of Crosby & Hoffman and Crosby & Crosby, in New York. He was elected to the legislature in 1886, and re-elected twice. In 1889, he was nominated by President Harrison to be Judge of the International Tribunals in Egypt, to which position he was appointed by the Khedive. This was an appointment for life, but Mr. Crosby resigned at the end of five years and returned to his native state. On his way he called to see the eminent Vegetarian, Tolstoi, and abandoning politics, he has devoted himself, like Tolstoi, to farming and reform. As a lecturer, the *Social Gospel* says:

"His profound moral convictions, masterly grasp of his subjects, clear fresh thought and swift flow of language chain attention. He knows how to be satirical, and his sense of humor adds not a little to his popularity on the lecture platform."

We wrote him for his experience in Vegetarian practice and recieved the following reply :

"Vegetarianism appears to me (and has always appeared since it first attracted my attention) as covering a portion only of the field of action which a man must enter upon if he determines to place himself in right relations to the world around him. When I once became convinced, as I did some eight years or more ago, that the relation which I bore to the world was one of injustice, I was unable to restrict that criticism to my position towards mankind, for the same reasoning applied to my position towards the brute creation. The intention to make the experiment was crystalized by a chance meeting with an American gentleman of my own name who was nearly seventy years old and had not tasted meat since he was thirteen. He happened to lunch with me while I was serving as judge of the International Tribunal in Egypt, and his account of his experiences made an impression upon me. I remember that he boasted of having served through the war without eating meat, apparently considering the killing of men as less harmful than the killing of animals—one of those little inconsistencies to which Vegetarians are prone, if they forget the wide bearings of true humanity.

FOOD HOME & GARDEN

"A few months later I visited Count Tolstoi in Russia and found him an extreme Vegetarian. I told him that I hoped to try it some day. 'Your wife will do all she can to prevent it, you may be sure,' he replied, but in this respect he proved to be a false prophet. I remember reading an article about this time in an English review by Lady Paget, recommending Vegetarianism, but stating that she had found the diet very difficult to adopt and had made the effort once or twice before she succeeded. Now that I have lived upon a Vegetarian diet for a considerable time without any difficulty whatever, I cannot understand what she meant. It was partly in consequence of reading this article that I took up the new diet gradually, and I am inclined to think it is a good plan. It must have been about the first of June, 1896, that I began to eat meat only once a day. This was a slight change which would have no injurious effect on health, and furthermore could not cause much of a domestic commotion. At the end of a year the family had become accustomed to see me refuse meat at lunch and when I began to do the same at dinner, it attracted little attention. I continued to take soup until June 1, 1898, and fish until June 1st of this year, taking one step each year. I still eat eggs and dairy products, but I confess that they worry me, and the butchering of calves which this necessitates, is the meanest kind of butchery.

"This gradual change of diet has had no effect whatever upon my health. I am conscious of no alteration in my physical or mental condition, and my weight is precisely the same as it was before. Nor has the change caused me the slightest effort of will. It has not required the least self-denial and I have no desire to eat meat. It is not like giving up a stimulant. I

stopped smoking eight years ago, and I still dream of cigars and am still tempted by them, but to give up meat is child's play in comparison. My only reason for not eating meat is that I dislike the cruelty of it. That seems to me the strongest argument to use, and I think that Vegetarians often injure the cause by assuring healthy looking meat-eaters that they are swallowing poison when their appearance proves that the assertion is at least doubtful. A cause always needs to be protected from its most fanatical supporters. It should be self-evident to a humane man that if he can be just as strong and well on a diet that does not cause suffering to others as on a diet which does cause much suffering, it would be better for him to select the former. Using this argument, I should endeavor to persuade a man to adopt a Vegetarian diet gradually and I am sure he would not know the difference. The real difficulty will present itself when one is dining out and in general company, and then sometimes I confess I am not as strict as I might be. The laws of hospitality have their claim, too. Still, even after my short novitiate, I should find it disagreeable to eat a solid piece of meat."

We are glad to add Mr. Crosby to the list of those who have given up flesh-eating from motives of humanity. The gradual way in which this was done appears to have made no perceptible difference in Mr. Crosby's health, although it is impossible to tell how he would have been by this time had he continued flesh-eating; the rheumatism and other chronic troubles to which flesh-eaters are especially subject, he has escaped by abstaining before these unpleasant symptoms appeared. Flesh-eaters often have a healthy appearance before the chronic effects of their dietetic habits are discovered.

FOOD HOME AND GARDEN

IS THE EDENIC LIFE PRACTICAL?

A Discourse delivered at the Bible Christian Church, Park avenue, Philadelphia, on November 5, 1899, by

REV. HENRY S. CLUBB.

Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat and water to drink.—Daniel 1: 12.

Those who accept the Word as a revelation of God's will to man are not surprised that one part bears out another and is a confirmation of the other. The ideal life laid down in the first chapter of Genesis, or what we call the Edenic Life, is a life of love. The Garden represents intelligence and Eden love. These united are the two elements that constitute a life of true enjoyment, a life in which love reigns supreme, guided in detail by intelligent thought. It is undoubtedly the wise provision of the Creator that his creature, man, should live an intelligent life of affection.

It is a life in which the highest and best thoughts rule our action and govern our character.

This Edenic Life is the ideal life of man, a life in which love is the propelling force and intelligence or wisdom the directing power. The life thus realized is the Garden of Eden or an earthly Paradise. Into this garden the Lord desires to put man. The Garden of Eden is not only a place, but a state or condition of life, and the question before us is: Is it practical to enter this state in our present surroundings?

Daniel as a prophet of the Lord was devoted to the Edenic Life and desired to live it. His position in Babylon as a captive or prisoner of war was the most unfavorable possible to leading an ideal or Edenic life. The selection of himself and three companions from among the captives was undoubtedly on account of his superior talent,

ability and personal comeliness. He was a person in whom the moral and spiritual nature so predominated as to make him desirable as a courtier to adorn the palace of the King, and he and his three companions were selected for this purpose and such as the King desired to stand before him among the princes of the realm. These were all to be fed with the meat and dainties of the King's table.

But Daniel had read the Scriptures and had made them his guide; he therefore knew from study, inspiration and experience that the "herb bearing seed and the fruit tree yielding fruit" were ordained for and therefore constituted the best possible food for human sustenance. He therefore purposed in his heart that he would not defile himself with any portion of the King's meat. It was not merely objectionable on account of the idolitrous worship with which it was associated, but it was unfavorable to that health and comeliness which it was desired to secure in the courtiers who were to wait upon the King and to that intelligence and wisdom which the King required. It is impossible to conceive of a position in which this Edenic life which Daniel purposed in his heart to live was less practical. Here was the order of the King, which in Babylon was the law of the realm. It required Daniel and his three companions to be fed on the King's dainties and wine, in order that they might be fit subjects to stand before the King and adorn his palace. How could this ordinance be suspended to suit these captives?

Daniel had already been brought into favor and tender love with the prince of the Eunuchs. This was undoubtedly on account of his personal superiority. Daniel was a young man of great personal and manly beauty and his charms of person were enhanced by his high moral and

FOOD HOME AND GARDEN

spiritual development. He was an Edenic man. He had striven so far as in him lay to live a loving, Edenic life. It was a life of purity, of mercy and kindness to all of God's creatures. Such a youth, even in captivity, impressed the Prince of the Eunuch's so favorably as to draw out a tender sentiment of affection. Love usually begets love and Daniel's request to the Prince through Melzer to have the matter tried as an experiment ten days seemed reasonable, and even at the risk of offending the King and exciting the King's wrath, which might endanger the Prince's life, he consented and the experiment was made. It was not without misgivings on the part of the Prince that the result would be unfavorable; believing that their faces would be worse-looking than those of the children fed on the King's meat. But the Prince consented and the result, even in ten days, was that their countenances appeared fairer and fatter in flesh than the countenances of all the children that ate of the King's meat.

That settled the matter, and Melzer took away the portion of the meat and wine that they should drink and gave them pulse.

Dr. Talmage ignorantly asserts that pulse is a worthless weed, and that Daniel's living and thriving on it was a miracle, but this is not true.

The term pulse applies in botany to those seeds that grow in legumes or pods; hence peas, beans, lentils and locust seeds are known as pulse, and as all these were known in the East as common articles of food, they undoubtedly were provided for these captives in the place of the meat served to the other selected children.

At the end of three years these young people were all brought before the King, his object being to select the best for his highest and most responsible positions in the Court.

Nebuchadnezzar, it is recorded, communed with them and among them all was found "none like Daniel, Hananiah, Mishael and Asariah, therefore stood they before the King."

It is also recorded that in all matters of wisdom and understanding that the King inquired of them, he found them "ten times better than all the magicians and astrologers that were in all his realm."

It cannot be said that this experiment was not an impartial one. It was made by princes who were unbelievers in the Edenic life. It was made at a palace noted for its indulgences in the luxurious living of Eastern monarchs. The Prince of the Eunuchs was afraid of the result, so it could not be that the experiment was conducted by any one interested in promoting Edenic ideas, but was an entirely disinterested experiment resulting in a marked degree favorable to Edenic living.

If the Edenic life be practical and every way successful in a palace surrounded by luxury and excess, can there be any position where it is not practical?

Does not the Bible record thus verify itself?

The fact that all the astrologers and learned men were inferior to Daniel and his companions was proved in after experience, wherein Daniel showed himself equal to every position in the kingdom to which he was promoted, to the great discomfort of the Babylonian nobles. Thus it will be seen that the objection sometimes raised against this mode of life, that it is unfavorable to promotion to the higher positions of social and political influence is shown to be untenable, as Daniel rose in spite of all opposition and prejudice to the highest positions in the realm.

That Edenic living is equal to any test that may be applied to it in its intellectual,

FOOD FROM THE GARDEN

moral and spiritual influence and effects, is shown conclusively by this record, so that it is perfectly consistent with the teachings of the Bible to make this Edenic life a religious principle in the life of every member of the Christian Church. May we all, like Daniel, stand up for principle, even in the Courts of Kings, and maintain our consistency even under circumstances of adverse criticism, persecution or ridicule. Let us, in the words of the poet—

“Dare to be a Daniel.”

THE PUGET SOUND REGION.

BY J. O. CLARK.

I have not found here an Eden nor a very near approach to that ancient abode of bliss and innocence, but I have found here more people who subsist on the Edenic diet than I had ever seen before. There are not many of them in any one place, but they are scattered all over the famous Puget Sound region, and their influence for good has been great. In Seattle there is a Vegetarian restaurant and one in Tacoma. Nearly all of the health foods that have been manufactured so extensively in the last few years are on sale in both places, where there are also large mills that make Graham and whole wheat flour, oatmeal, hominy, etc., of a superior quality. Large quantities of the products of these mills are sold by the country storekeepers. Less meat is used here at Colby than in any place I have ever lived. I have often seen more hogs kept for the use of the planter's family on a single plantation in the South than all that I have seen in Washington, and more hog products there in a single country store than in all of the country stores that I have visited here.

Except in some of the extreme Southern States, more fresh ripe fruit can be gathered daily here a greater part of the year, than

in any of the most noted fruit belts east of the Rockies. To-day, November 17, I gathered some fine ripe blackberries from bushes that will continue to bear abundantly until stopped from bearing by frost, which may not be for a month or more yet. This blackberry is an everbearing variety that was brought here from the South Sea Islands. It is perfectly hardy and never fails to bear enormous crops almost without care, when planted on good ground.

All the fruits that grow in a temperate climate, except grapes and peaches, grow to rare perfection in the Sound country when rightly managed. Grapes and peaches can also be grown, but not of a very good quality. A Fall crop of strawberries can be had nearly every year with but little extra care. Garden vegetables of most kinds yield abundantly and the quality is unexcelled. All that I will now say about the climate is that I have found it more pleasant, both summer and winter than I expected, and that I have not met any one yet who has lived here any length of time who has any desire whatever to leave the country on account of the climate.

In my opinion, Vegetarians in the East who wish to change their location, cannot find a better place than here. Climate, soil and all natural conditions are about all that could be desired. Good markets for everything are right at our door. Steamboat fare from Colby to Seattle and back is only 25 cents, and to Tacoma only 50 cents. Freight rates to or from Seattle are one dollar a ton. From the number of letters and the tone of them that I received in answer to my ad. in *FOOD, HOME AND GARDEN* last year, I feel quite sure that enough Vegetarians would be glad to settle here to form quite a colony, when the advantages are well known.

Colby, Wash., November 17, 1899.



Food, Home and Garden.

VEGETARIAN SOCIETY OF AMERICA, Publishers.

All communications to be addressed to 1023 Foulkrod St., Station F, (Not to Chestnut St.) Philadelphia.

REV. HENRY S. CLUBB, Editor.

One Subscription, 50 cts., four Subscriptions \$1.00 a year.

Advertisements per line, one insertion, 10 cents, 12 insertions \$1.00. For 12 lines 1 insertion \$1.00. For 12 insertions \$10. Per page, inside, \$18, outside, \$25.

The price of paper has advanced; so has the price of material of which mills, nut butter, etc., are made. We cannot meet these increased expenses unless our friends help us.

The increased price of material will result in an increase in the price of mills in 1900, so any person desirous of obtaining a mill should obtain one at the present price *this month* if they want to avoid the increase.

Mrs. Lovell and her daughter Rose, of Sewanee, Tenn., passed through Philadelphia, on November 30, on their way to Gibraltar. They visited their sister and aunt, Mrs. Ogden. They spoke highly of the Cumberland Plateau as a very healthy location.

There are many who enjoy the advantages of our society organization such as the introductions and hospitality it affords, who never contribute to the support of the cause. It is the more necessary that those who can should contribute. Do not allow the cause to fail for want of support!

We present this month a picture of the members of the American Pomological Society in convention at Horticultural Hall, in this city. This is a tribute of appreciation of men whose lives are spent in promoting improvements in the production of choice fruits, and making them abundant in this country.

ONE-CENT STAMPS, PLEASE.

Will our friends please remit in one-cent stamps for fractions of a dollar. We frequently have to buy one-cent stamps when our drawer is full of stamps of other denominations.

PEAT A MATERIAL FOR PAPER.

Mr. Karl A. Zschoerner has succeeded in manufacturing paper pulp, paper and card board from the fibre found in peat. Now that the price of paper is advancing, this discovery will probably have the effect of preventing so great a rise in price as seemed probable, as peat is so abundant that no amount of monopoly can make it dear.

WELCOME!

Miss Emily Mantle, of Bolton, England, kindly introduced by Mr. Farrington, Secretary of the Bolton Vegetarian Society, arrived in Philadelphia on November 23, and we saw her off to Bellville, Ohio, on the 24th. She intends to acquire an M. D., and will probably settle in this country. She has conducted two Vegetarian Restaurants in Bolton and comes well endorsed by Mr. Farrington.

CHRISTMAS GREETING.

"It is more blessed to give than to receive" is the Christmas motto. We have enjoyed this privilege for a year and, with some of our subscribers, *several years*, and now we desire to confer the greater blessing on them. To those who cannot afford to pay for their back dues, we say allow us to present them to you. *We forgive all debtors*, but it must be on condition that they renew their subscription for the coming year and so enable us to make a better magazine in 1900 than ever before. We strive to keep abreast of the times, but we cannot do so unless our friends secure to themselves

FOOD HOME AND GARDEN

more of the blessing of giving. *The necessities of the cause are great* and we call upon *all* our friends to make this Christmas a blessed one to themselves by contributing to support **FOOD, HOME AND GARDEN**. Let us hear from *all our friends* in some form this Christmas, if it be but to contribute a one-cent stamp. So may they enjoy the blessing.

THE COMING CONGRESS IN PARIS.

The Vegetarian Federal Union, London, are arranging for an international Congress to be held in Paris next June, and invite delegates from all parts of the world. The Congress is to last three days. The other three days of the week can be taken up in viewing the Paris Exposition. Vegetarians and friends in America who desire to attend will please notify us as early as possible, in order to secure the best terms for the trip.

HOG FATTENING.

Mr. J. M. Depew tried fattening hogs. Cholera entered his pens and ruined his business. The trouble with Depew seems to be that he is too conscientious. The cholera may condemn hogs as unfit for food but how about sausages? Mr. Depew does not seem posted in hog and cattle raising for the market. He has at last settled down to fruit raising in Florida and says: "I am a sort of Vegetarian now," which he afterwards explains to mean a novice.

KO-NUT.

The name nutcoa or cocoanut butter has been changed to Ko-nut. Persons who do not obtain their supply through our agency write us to visit the factory and report to them the result of our investigations. This we have done and we find it is made from cocoanut oil, chiefly obtained from the East and West Indies. That, in some cases,

the oil is sometimes rancid when it arrives, but that by the process of mechanical and chemical and the free use of water and steam, it is transferred into a very pure vegetable fat or butter. Every lot made is carefully tested, so that not a trace of impurity of any kind remains in it and it will keep good many years.

IS EDENIC LIFE PRACTICAL?

The discourse in reply to this question has been published in pamphlet form for insertion in letters. It can be had prepaid by mail at \$1.00 per 100 for this purpose.

GOVERNMENT RESERVATIONS.

We have not yet received sufficient information in regard to United States Reservations to enable us to select a site on government lands desirable for a Vegetarian Colony.

PERSONALS.

Mr. Ernest H. Crosby has published a volume entitled "Plain Talk in Psalm and Parable," which is highly spoken of. It has not arrived for review.

Mr. Stanley G. Wight, of Detroit, favored us with a call recently on his way to New Orleans. He has been a Vegetarian eight years and states as one of the results the cure of sciatica, which had defied doctors' skill in both medical and electric treatment. He is 76 years of age, but we took him to be about 60.

Lucy Bissell Sanders has issued a book entitled "Dreh-ni-gaan, the True Secret of Health of the Body, based upon Perfection of Sanitary Conditions," a valuable addition to health literature. It insists on removing the causes of disease as the true remedy, and recommends the Universal Food of the New York Health Food Co., made of wheat germs.



THE UPRISING OF VEGETARIANS.

Under this head, Hayden Carrath is permitted to occupy the editorial department of the *Saturday Evening Post* (usually so carefully edited) with disjointed remarks that seem to lack even the redeeming quality of wit. One would think from the heading that Vegetarians were uprising in rebellion on account of the high price of meat, whereas the uprising would seem a more appropriate charge against the flesh-eaters who, we understand, are now taxed 35 cents a pound for beefsteak. They are in the hands of the butchers who have formed a combination to maintain high prices. Now we protest that the Vegetarians are not in rebellion. They are not even excited on the subject and can view with much complacency the rise in the price of meat. They do, however, look down with pity on their flesh-eating neighbors who pay 35 cents a pound for that which is composed of 70 per cent. water, 10 per cent. nitrogen, 17.7 per cent. hydrocarbonate and 2.3 per cent. mineral substance, the water being just what, in a short time, would have been expelled as urine, had not the animal's life functions been stopped by the butcher. If we grant that 30 per cent. is food, those who are acting under the delusion of flesh-eating are paying at least a dollar a pound for their food obtained from beef-steak, and they take it with animal's urine for sauce! What a cleanly and economical habit surely. Will those who desire to live cleanly think of these undisputed facts?

PHILA. VEGETARIAN SOCIETY.

The November meeting of the Philadelphia Vegetarian Society on the 16th, at 1023 Foulkrod street, Frankford, was well attended. Rev. Henry S. Clubb presided, Miss Lillie Wheeler officiated at the organ,

and Rev. Kenneth Sylvan Guthrie, A. M., Harvard, and Ph. D., Tulane, opened with prayer. The president introduced Dr. Guthrie, who had kindly promised to answer the question "Why I am a Vegetarian?" Dr. Guthrie said he had not become a Vegetarian from the usual reasons of cheapness, future necessity of the world, or even on the ground of man's constitution, but he regarded Vegetarianism not as an end but a means to an end, and that end was the attainment of a pure and holy life. In the first place, history showed those who had attained a certain degree of purity and elevation, naturally dropped the practice of eating the flesh of other animals. Secondly, that the horrors of the process of preparing flesh by slaughter were such that he believed very few would eat flesh if they had to perform the act of slaughter, an act so repulsive to a humane or kindly nature. It was, however, no less immoral to hire others to do it for us. The uncleanness of the flesh of animals was his third reason: the swine is infested with worms, trichina; the ox or cow with tuberculosis. His fourth reason was universal compassion for the suffering of others. His fifth reason was that flesh is an intoxicant. Not a food but a stimulant, the craving for it is animal and must be conquered in order to attain perfect self-control. The doctor engaged the attention of a delighted audience by an animated and kindly discussion of these points, making the golden rule his principal reason and closed by reciting:

I have climbed to the snows of age
And gaze at a field in the past
Where I sank with the body at times,
In the slough of a low desire.
But I hear no yelp of a beast,
And the man is quiet at last,
As he stands on the heights of his life,
With a glimpse of heights that are higher.

The next meeting will be held on Thursday evening, December 21st.

HOME DEPARTMENT

DINNER MENU.

Lentil Soup. Vegetable Turkey.
Chestnuts a la Lyonnaise.
Brown Bread. Celery Salad.
Oranges. Nuts. Dates.

Vegetable Turkey.—Take 1 cup of bread crumbs, soak in water and drain. Add $\frac{1}{2}$ cup chopped walnuts or pecans, 1 beaten egg, 1 teaspoon dairy butter, 1 teaspoon powdered sage or parsley. Season to taste, mix all well together and bake in a moderate oven.

Celery Salad.—Clean a nice bunch of celery and lay it for one hour in ice water; then cut it fine; place the celery in a salad bowl; prepare a mayonnaise; pour half the dressing over the celery; mix well and cover with the remainder; garnish with celery leaves and serve.

From *American Kitchen Magazine*.

Chestnuts a la Lyonnaise.—Shell, blanch and boil the chestnuts twelve minutes, or till soft. Drain and toss them about in hot butter, in chafing dish with a bit of fried onion and serve at once.

Winter Squash.—If the shell be soft peel the squash, remove the seeds and steam it or cook it in boiling water until tender. Drain dry, add seasoning and mash fine. One pint of squash needs one tablespoon of butter, a few grains of pepper, one-half a teaspoon of sugar and salt to taste. Squash may be baked in the shell, then scraped out, mashed and seasoned as above.

Prussian military experiments show that severe muscular exertion renders the blood very poor in sugar, and that sugar renders tired muscles capable of renewed exertion,

while saccharine is far less beneficial. A similar impression prevails in Kentucky, where the sugar is mingled with mint and other ingredients.—Phila. *Lodger*.

Sugar is condemned by hygienists, but if taken with fruit juices it will not be found injurious, we believe.

INTERISKEN SANITARIUM.

We learn from *Home Life*, published at Kingman, Kansas, that Dr. D. H. Reeder, who started the Home Health Club, has located at La Porte, Ind., and intends to make Interisken Sanitarium the headquarters of the Club, which now numbers 4000 members. It is a beautiful estate near La Porte. Dr. Reeder's method is now called "Mechano-Therapy."

BANANA FLOUR.

The fruit is peeled by splitting the skin longitudinally and giving it a rotary motion with the hands. The peel having been thus detached the fruit is cut into thin transverse slices, which are dried in the sun or in a furnace. It is then only necessary to grind these slices in order to obtain a fine flour therefrom. In Central and South America hand mills are in use for grinding corn for corn bread, and such apparatus are admirably arranged for obtaining from the slices of banana either banana meal or an impalpable flour made through simple grinding without any passage through a sieve.—From the *Scientific American*.

The Vegetarian Society Mill is admirably adapted to reducing dried bananas to flour. Our fourteen-page pamphlet, which gives full descriptions of the mill and over fifty recipes, will be forwarded on application.

FOOD HOME AND GARDEN

From Mrs. Emma T. Anderson's *Health Foods and How to Prepare Them*.

PERFECT BREAD.

Perfect bread is made of the flour of any kind of grain and pure water. It may be rendered as light, crisp and tender as desirable, by kneading or otherwise working atmospheric air into the dough. Water of any temperature may be employed in making the dough. Hot or boiling water renders the bread softer and damper; cool and cold water renders it more dry and brittle. But for the best possible article the water cannot be too cold. Iced water renders the bread tender and most delicious, if the kneading is well managed. Excellent bread may be made of entire or whole wheat flour, ryemeal, cornmeal, oatmeal, or of various admixtures of them, to please the fancy or suit the taste.

HYGIENIC BREAD.—Mix whole wheat flour with pure cold water, the colder the better, to a stiff dough; knead thoroughly ten or fifteen minutes, or until the dough becomes elastic or spongy and does not require the bread-board to be dusted with flour to prevent sticking as it is rolled out. For baking, the dough may be rolled out and into various forms to suit taste or convenience. It may be made into rolls, squares, strips, rings, diamonds, fingers, etc., the object in all cases being to expose as much of the surface as possible to the heat of the oven. The rolls or fingers are made 3 or 4 inches long and $\frac{3}{4}$ of an inch thick; squares and diamonds are 1 to 2 inches in diameter (these require pricking), and $\frac{1}{2}$ to $\frac{3}{4}$ of an inch thick; strips may be 3 or 4 inches long, 1 inch wide and $\frac{1}{4}$ of an inch thick; rings are made by cutting out a circle of dough $\frac{1}{2}$ to $\frac{3}{4}$ of an inch in thickness and 3 inches in diameter, then cutting out a ball from the centre of the circle 1 inch in diameter. The rings

and balls present a beautiful appearance on the table, and no shape in which dough can be cut is in better condition for baking.

For baking, a quick oven is required. The bread should be placed immediately on the grates of the oven, never on tins; it should be placed in the hottest part of the oven at first and moved back a little as soon as a crust is formed. Care must be taken to have the dough thoroughly baked, or it will become heavy when cold. The time required for baking is twenty to forty minutes, according to the size of the bread and the heat of the oven. When well done the bread has an elastic or spongy feeling. See Cold Water Loaf.

COLD WATER LOAF (OR DR. ANDERSON'S IDEAL).—This is mixed and kneaded in the same manner as the Hygienic bread, but is moulded in a larger form and baked in a moderate heat, to ensure its being thoroughly done in the centre without burning the outside. It is usually made in loaves $2\frac{1}{2}$ to $3\frac{1}{2}$ inches thick and of any length desired. It should be in the oven about $1\frac{1}{2}$ hours. If the crust is too hard, cover it in an earthen jar, or envelop it closely in a linen cloth until cold, when it is ready for the table. It should never be cut while hot; it is best two days old.

POTATO BREAD.—Wash and peel the potatoes, boil them in as little water as will cover them, mash them through a collander with the water in which they were boiled, heat the whole to a boiling point, mix in whole wheat flour until sufficiently stiff to knead, cut into small cakes and bake in an oven. The flavor usually preferred is secured by using three parts of flour to one of potatoes.

The banana used as a poultice allays inflammation. Mr. Younger has found the remedy helpful in erysipelas, curing obstinate cases in a few hours.

THE GARDEN

Fruits are more easily raised in Florida than vegetables and are quite numerous.

The present consumption of peanuts in America for eating purposes alone reaches 4,000,000 bushels.—*The Southwest*.

Baked apples can be made fit food for the gods if they are nicely peeled and baked quickly in a porcelain dish.—*The Southwest*.

A correspondent in Florida says he would give 160 acres of land for the keep of himself and wife, to a colony, and would co-operate in the effort. Who will like to join in forming a colony there?

Land in Southern Florida is worth from \$1.25 to \$4000 an acre, according to locality and improvements. You can get good land from \$10 to \$25 an acre. Clearing is expensive, costing \$100 an acre. It is a tropical jungle.

A SAFE PLACE FOR ORANGES.

The *Journal and News Job Print*, of February 20, 1899, states that the only safe place to grow oranges is in Manatee Co., Florida. All the blizzards of past years, including the one of February 13, 1899, have not injured the groves. This year's crop will reach from 100,000 to 150,000 boxes of oranges.

CLIMATE IN SOUTHERN FLORIDA.

'The climate here is delightful and the most healthful I ever lived in, and I have lived in Indiana, Ohio, Michigan, Kentucky, Missouri, Kansas, and several other parts of Florida. This is the only place so exempt from cold waves, except south of Lake Okechobe. Orange and grape fruit growing is the most profitable.—I. M.

THE PALMETTO CABBAGE.

I have a place on half of which grows the Palmetto Cabbage: *S. Palmetto*. It furnishes the most palatable and nutritious vegetable, a complete food like the banana, only it is not sweet but of a nutty flavor. A man could live here with only a hatchet.—Florida letter.

COCOA STEARIN.

Cocoa stearin is much used in candle making, and the oil enters largely into the marine soap which can be used for toilet or laundry purposes in sea water. When it is considered that 1000 nuts will make 500 pounds of copra, which will yield twenty-five gallons of oil, one of the most commercial possibilities of our new Philippine possessions becomes evident.—*The Sun*. It may be one of the results of the Philippine acquisitions that Ko-nut, one of the best products of the cocoanut, will become cheaper than animal fat.

THE BANANA INDUSTRY.

Bananas can be dried and converted into a flour, called "bananine," which may prove to be the basis of a very valuable industry. France, understanding the advantages it will be possible to derive from the banana plant, has sent a commission to the United States and Central America for the purpose of studying the banana industry upon the spot, and it has also been suggested by M. Charles Patin, of Belgium, who has investigated the subject, that the banana will prove the subject of important agricultural operations in the Congo, and is destined to produce cheap food for the working classes in Belgium.—*Scientific American*.

FOOD HOME & GARDEN

THE CUMBERLAND PLATEAU.

A reliable correspondent, not personally interested in the lands advertised for sale at \$3 per acre, has kindly replied to our inquiries in regard to the character of that land. The letter is dated Sewanee, Tenn., November 6, 1899, and is as follows:

"Dear Dr. Clubb:—In replying to your letter of inquiry as to the productiveness of the lands lying between Sewanee and Mt. Eagle, I will state as follows: The soil is thin, but capable of being made productive of crops such as cabbage, corn, potatoes, etc. Coal abounds all over the Cumberland Plateau. It is soft coal and sells for seven cents a bushel, or about \$2 a ton. There are sulphur and kylibeate springs to be found throughout this section, as well as unmileralized springs. Peaches, apples, blackberries, blueberries and strawberries do well, especially apples; the "shell bark" hickory nut grows wild and in great quantity, and could be, I have no doubt, made a marketable product. Chestnuts are plentiful and walnuts also. Oaks, pines, gums, maples and hickories are among the forrest trees. I refer you to Mr. Gifford Pinchot, of Washington, D. C., for full particulars.—Eva C. Lovell."

FLORIDA FOR COLONIZING.

A correspondent writing from Florida, says: "I am inclined to favor a vegetable diet and would willingly adopt it were I in a community willing to live thus. I am satisfied it is much cheaper and healthful especially in a warm climate like this. The legumes furnish us with much more nutrition, quite as palatable and at one-third the cost. I should like a co-operative colony on that plan. We have a community of Seventh Day Adventists here and they are all Vegetarians, but are strictly sectarian. Their religion consists in certain observances and they are not very susceptible of

new thought." There is a general desire for Vegetarian unsectarian colonies. But great diversity of opinion exists as to location. Tennessee offers many inducements in cheap land and labor, railroad facilities, healthy climate, etc. Yet our Florida friends claim Florida as far preferable, being freer from frost, etc. Our chief objection to Florida is the heavy cost of clearing the land there, owing to its immense jungle growth.

Our correspondent says: "This is not a good vegetable country yet. The business, however, is very profitable. I can show cases where \$1000 per acre have been made from a single crop, covering say five months, then having seven months to raise crops for home consumption. Our winter vegetables bringing fancy prices in the northern market is where the profit is made."

THE FRUIT GARDEN.

"A heavenly paradise is that place,
Wherein all pleasant fruits do grow."

J. J. Thomas viewed the matter in the same light. "Every addition to the attractions of home has a salutary bearing on a rising family of children. The difference between a dwelling with well-planted grounds, well furnished with every rural enjoyment and another where scarcely a single tree softens the bleakness and desolation, may to a young man just approaching active life prove the turning influence between a life of virtue and refinement on the one hand, and one of dissipation and ruin, from the effects of a repulsive home, on the other. Nor can any man, even in the noon or approaching evening of life, scarcely fail to enjoy a higher happiness from at least an occasional intercourse with the blossoming and fruit loaded trees which his own hands have planted and pruned there in the noise of the crowd and tumult of the busy world."—Exchange.

The American Pomological Society.

...By George W. Smith...

The Semi-Centennial gathering in Philadelphia, on September 7 and 8, of the American Pomological Society, gives occasion for this sketch of that Society and its work.

As early as 1847-8, several gatherings of enterprising and intelligent pomologists were almost simultaneously held in Columbus, Ohio, New York City and Syracuse; the two latter resulting in the formation of societies, and the two finally joining in a convention at Castle Garden, New York, in October, 1849, and uniting under the title of the American Pomological Congress, afterwards changed to the present title of the American Pomological Society.

In 1845, the noble volume of Andrew J. Downing appeared, entitled *The Fruits and Fruit Trees of America*, which has since passed through many editions and revisions by his brother, the late Charles Downing, and which contains the names and synonyms of over 10,000 varieties of fruits, with careful cultural directions. This book, on which an immense amount of labor and research was bestowed, must have had an appreciable effect in stimulating the desire among fruit culturists for a permanent American organization for the promotion of the science of pomology—a fact that may safely be inferred from the close proximity of the dates above mentioned. Despite all the assaults made by critics upon Downing's variform and unscientific description of fruits, his work stands to-day as the Bible of American pomology—a monument to the memory of the noble man whose life went out in the effort to rescue frantic souls from a burning Hudson River steamer.

Hon. Marshall P. Wilder, of Massachusetts, was happily chosen as the first pres-

ident of the society, an office which he ably filled until his decease, in 1886. Being a man of wealth, refinement and great love for horticulture, he gave substantial assistance to the society in its infant years, and at his death bequeathed the sum of \$5,000 to it. This fund is still held and invested, the interest of \$1,000 of it being used to provide Wilder medals for meritorious new or rare fruits exhibited at the sessions held biennially in the different cities. The following sentiments extracted from the writings of President Wilder, portray the fervency of his love for the golden fruits, as well as the excellence of his own character:

"Fruits are the overflow of nature's bounty—gems from the skies dropped down to beautify the earth, charm the sight, gratify the taste and minister to the enjoyment of life; and the more we realize this, the more shall we appreciate the Divine goodness to us, and the *duty* of providing them to others."

How far the members of the Society feel it incumbent upon them to fulfill the duty mentioned by President Wilder, in this world of materialism and mercenary motives, no one can accurately tell; but it would probably be hard to find a company of men associated in the work of promoting the interests of a single article of commerce, that exhibit more unselfish aims or a more general desire to render service to their fellow-men. There are few secular occupations more ennobling and inspiring than that of fruit culture. The biennial gatherings of the American Pomological Society are characterized by gentlemanly conduct and hearty good feeling. While spirited discussions often occur, disrespect and acrimony are absent. The conventions are

always opened with prayer to the All-wise God; and, despite the marked tendency of of the present times, irreverence and slurs at the Christian religion are still unknown in the Society's proceedings. The veriest tyro in amateur pomology meets beside the commercial fruit grower who cultivates perhaps hundreds of acres of glorious fruit, or beside the man of science from the Experiment Station, who tries the wits of the stenographer to furnish a verbatim report of his utterances. At the Philadelphia meeting, every fruit-growing state in the Union was represented by delegates. Many excellent addresses, both scientific and instructive, were crowded into the two days' session, covering the wide range of topics from "The Introduction of the Blastophaga and the Caprification of the Smyrna Fig" in Southern California, to the cultivation of the modest blueberry on the hillsides of Maine. All fruits grown in the United States, including the citrus and other sub-tropical species, have their full share of consideration. About 150 members were present at Horticultural Hall, the beautiful home of the Pennsylvania Horticultural Society. Over 1500 plates of fruits and nuts were exhibited. Eight Wilder medals were awarded, the first one being received by the New Jersey State Horticultural Society for a collective exhibition of 696 plates, and bronze medals were also awarded in three cases.

The officers elected for the ensuing biennial period are: President, C. L. Watrous, Des Moines, Ia.; First Vice President, Thomas Meehan, Germantown, Pa.; Secretary, W. A. Taylor, Washington, D. C.; Treasurer, L. R. Taft, Agricultural College, Michigan, and one vice president for each fruit-growing state.

At the close of the first session, the members and their friends were photo-

graphed by Philippi in a group in front of the hall; and the photograph has been reproduced for these pages (see page 161). Standing in the foreground, in the middle of the picture, are President Watrous and Secretary Taylor. Immediately to their right are ex-President P. J. Berckmans, of Georgia, and Dr. F. M. Hexamer, of New York; and immediately to the left of the former are the venerable figures of S. B. Parsons, of Long Island, and Robert Manning, of Massachusetts, two members who attended the first gathering fifty years ago. Near them may be seen Thomas Meehan, William H. Barnes, Secretary of the Kansas State Horticultural Society, and L. A. Goodman, Secretary of the Missouri State Horticultural Society; while farther back may be seen the familiar faces of R. N. Kellogg, of Michigan; J. H. Hale, of Connecticut, the noted peach grower; Prof. H. E. Van Deman, of Virginia, ex-United States Pomologist; William C. Barry, of Rochester, and many other leaders in the world of pomology, of whom space prevents mention. The readers of *FOOD, HOME AND GARDEN* will perhaps recognize, in the little group seated on the front bench, the worthy editor of this paper, with his wife and their daughter, Miss Naomi Clubb, together with the writer of these lines—four persons who, from religious motives, advocate the use of the healthful and humane Edenic diet, prescribed by God in the first chapter of Genesis, when man was in his pristine purity, and who are therefore able to share the exultation of Goldsmith in his immortal lines:

"No flocks that range the valley free," etc.

Eleven cities sent invitations for the gathering of the Pomological Society in 1901, but Buffalo will probably be selected, and the meeting held there during the Pan-American Exposition.

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Food, Home and Garden

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THE GOSPEL ACCORDING TO DARWIN Woods Hutchison, A. M. D. has issued through the Open Court Publishing Co., Chicago, an elaborate book describing what he regards as the "fifth Gospel" or "Gospel according to Darwin." Whether he regards his book as the fifth Gospel or whether the system of Evolution propounded by Darwin is to be regarded as the fifth Gospel is not clear. The word evolution is singularly enough left out of this treatise. We have read the book through and found much to interest us as to the origin of creation and the varied phases of life on this earth, but were unable to find a single spark of spiritual or celestial light in the whole book. It is all of the earth, earthy. For ourselves we see no reason why Darwin's theories of creation can be regarded as refuting the doctrine of resurrection to a spiritual world or of individual consciousness therein. Evolution in matter is the result of evolution in spirit and both worlds may exist together continuously.

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Frances L. Dusenberry, Chicago, has brought out a new edition of J. Howard Moore's booklet: "Why I am a Vegetarian" price 25 cts. This is the 7th thousand of this original and forcible argument for Vegetarian practice.

THE LOGIC OF VEGETARIANISM.

We have received a copy of Henry D. Salt's "Logic of Vegetarianism," an elegant compilation of Vegetarian argument, theoretical and practical. It is one of the Vegetarian Jubilee Library series, published by the Ideal Publishing Union. 50 cents. The book is made entertaining and instructive by discussions.

THE TEMPLE.

The first number of "The Temple" is at hand. It is to be published quarterly at 50 cents a year. It refers to the bodily Temple and treats of Physical Health, or the Art of Living. Edited by Rev. T. Emory, Lyon Chicago. It aims to be a mediator between the various health reform movements, to harmonize them and make them effective.

HEALTH FOODS

AND HOW TO PREPARE THEM.

This is the title of a new book by Mrs. E. T. Anderson and published at the National Institute of Science, Masonic Temple, Chicago. It contains a half tone of the authoress, who is the wife of Prof. Anderson. Having dined at their home, we were very favorably impressed with Mrs. Anderson's cookery and are glad she has embodied her experiences in the form of a book. The book also contains valuable information in relation to the various kinds of food, showing their chemical and economic values. Nuts and fruits are the most highly commended as food, while flesh-meat is, of course, condemned. \$1, cloth.

LADIES' HOME JOURNAL.

This favorite journal maintains its high character both as a literary and artistic production—a marvel of beauty and utility combined. The readers of this Journal, if they did not take the newspapers, might well conclude we are living in a fairyland of beauty and enchantment.

TEAPOT PHILOSOPHY.

By Walter L. Sinton. 25 cts. Chicago, 45 Rush street. This poem is a strong plea for humanity, communism and brotherhood and the title "Teapot Philosophy" simply incidental to the sending, as a wedding present, a Chinese teapot with the accompanying lines which grew into a philosophical essay and prophecy.

GLIMPSSES OF ETERNITY.

This is a pamphlet by Newton M. Mann in which the questions of time and eternity are discussed from both a literal and spiritual standpoint. The author contends that time is and must ever be contained in eternity and is not outside or apart from it. The chief effect of the argument is to abolish all necessity for hurry there being no end of time for everything to be accomplished. 5 cts. H. S. Mann, Omaha, Neb.

"THE STORY OF THE PHILIPPINES"

Murat Halstead's Story of the Philippines, from Our Possessions Publishing Co., Chicago, price, \$1.50. It is without exception the best and most beautiful presentation of the Philippines and Sandwich Islands which has appeared in book form. The binding in alligator leather, padded boards and gilt edges is very rich and attractive; the printing, both letter-press and engravings, are up-to-date, while the composition of the volume is in Murat Halstead's easy, flowing and graceful style such as come by long practice as a journalist. The book is chiefly the result of personal observation, and the account of his journey to the Philippines and back reads like a romance and is very interesting. The book is sold by subscription. The return of Admiral Dewey will make an immense demand for this book, as it contains a true history of the events which have done so much to increase the public confidence in the Admiral's judgment.

GUIDE TO NUT COOKERY

Together with a brief History of Nuts and their Food Values, by Mrs. Almeda Lambert, illustrated. Published by Joseph Lambert & Co., Battle Creek, Mich., 1899. Price, in oil-cloth, \$1.25. This is a book which is well calculated to advance the use of nuts as food. It is a timely treatise, beautifully illustrated and well printed with a colored frontispiece of an open chestnut burr exposing to view three American chestnuts in all their richness of beauty. It is unquestionably the most advanced book on Vegetarian Cookery, giving directions and recipes for the use of nuts, by which the use of flesh-meat and milk is superseded. Fruits and some vegetables also come in for a share of attention and the combination of nuts and grains in the production of rich and palatable dishes is beyond anything yet hinted at in the most advanced of the schools of Cookery.

We have long needed a book of this character and congratulate Mrs. Lambert in producing a book of marvelous completeness, beauty and utility while its price is the only cheap feature about it. We hope to give extracts in future numbers to show its originality in the production of novelties in cookery.

RALSTON HEALTH CLUB.

We have received the General Membership book of the Ralston Health Club which opens up a vast field for thorough discipline for the promotion of health and longevity. Price \$1.00. We will say more about it when we have explored the mysteries of "glame." The Ralstonians are commendably active and zealous and some of our correspondents attribute their Vegetarian convictions to Ralstonian teachings.

WHAT THE YOUNG NEED TO KNOW.

This is a pamphlet by E. C. Walker intended to show how young persons should be taught the character of sex and how relations between the sexes can be maintained in the most pure, healthful and rational manner. Such knowledge would undoubtedly prevent much of the evil now incident to early life and were it generally understood would establish a mutual confidence between young people that would tend to a much more delightful experience than is attained in ignorance of each others' nature. 10 cts.

THE DHARMA.

The Dharma or Religion of Enlightenment, an exposition of Buddhism by Paul Carus. Third Edition enlarged. This is issued by the Open Court Publishing Co., Chicago, and is an admirable compendium of Buddhist faith and practice. It is in a neat pocket volume, giving explanation of the four noble Truths; the Ten Commandments; the seven Jewels of the Law and also explanatory of the terms: "Dharma," "Karma" and enabling even the unlearned to form an accurate idea of Buddhist teaching.—25 cts.

"CREDIBILITY OF THE CHRISTIAN RELIGION"

Or thoughts on Modern Rationalism" by Samuel Smith, M. D. This is no. 50 of the "Anti Infidel Library," H. L. Hastings, Boston, Mass. It is an able defense of the rationalism of the Bible and of Miracles. That such a book should be needed in this 19th century of Christianity seems almost incredible, and yet the tendency of the times to materialism owing to the gross, carnivorous habits of even the most enlightened nations is an evidence that the Christian life is not yet realized. 25 cts.

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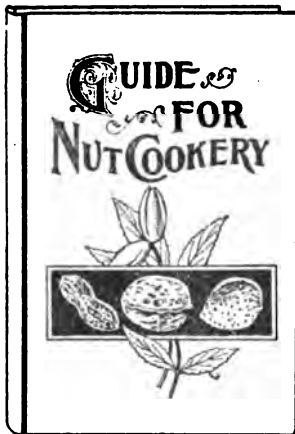
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- No. 3.—*The Anatomy of Man*, by Prof. Leo Weiner, of Harvard.
- No. 4.—*Human Physiology*, by Dr. J. Harvey Lovell.
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